

JOE WEIDER'S

FLEX

POST-WORKOUT
**MUSCLE
GROWTH
ACTIVATOR**
P. 114



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LEGS
EVER**

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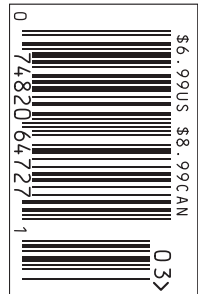
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JEFF PROFESSIONAL BEACH
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Pure means constant dedication. Real motivation. For whatever drives you. Pure is in our name—because Isopure Protein means perfect, delicious, 100% Whey Protein Isolate. Made for better bodies, and minds. Because...

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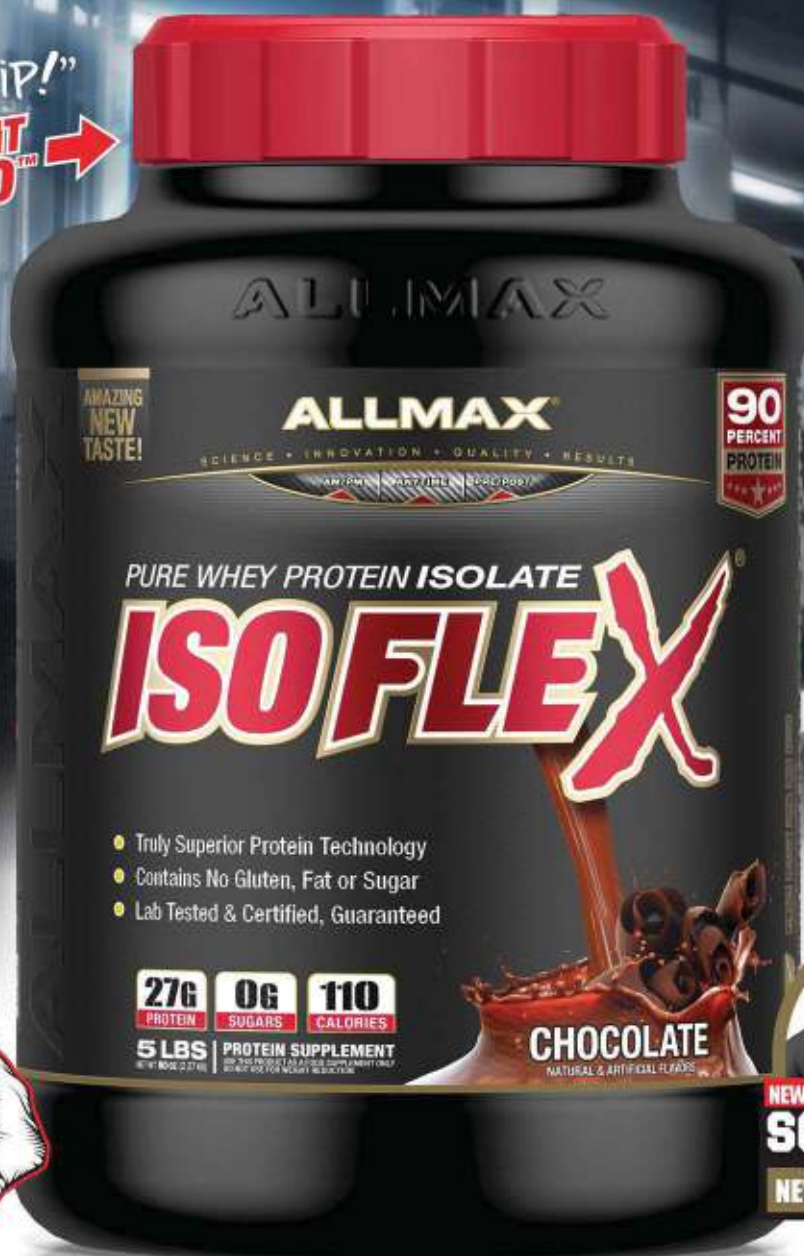
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- **AlphaTest®:** Stimulates testosterone, maintains performance-to-cortisol ratio and enhances performance
- **Muscle Builder:** Subjects gained 8.8 lbs. of lean muscle vs. placebo group who gained 4.6 lbs.



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All ingredients are fully disclosed on the label because we are proud that BANG MASTER BLASTER is the most potent, best tasting pre-workout supplement in history!



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NOT FOR THE WEAK**



STATE-OF-THE-ART Performance Enhancing Products

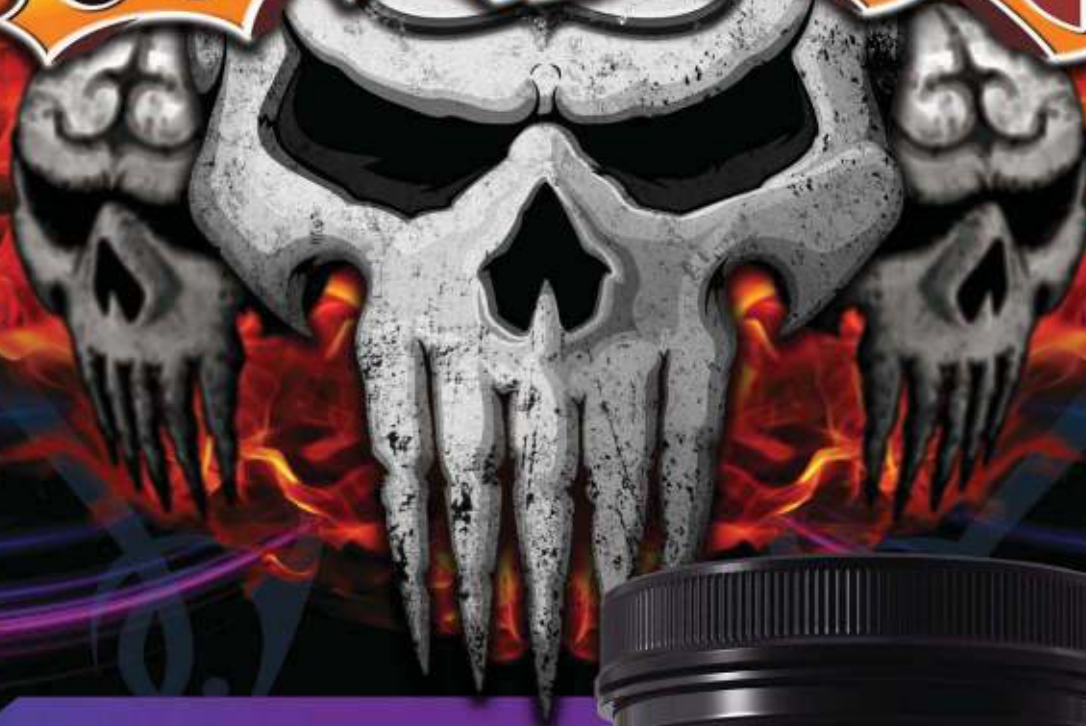
Manufactured in our own cGMP facility.
We do not outsource to 3rd party manufacturers.

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FUEL FIT TO FEED
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A BETTER WHEY IS ON THE WAY*



As good as traditional whey proteins are, there is always room for improvement. Our search to find a better whey lead us to an innovative process that extracts delicate whey protein molecules directly from the milk of pasture-raised, grass fed cows. Avoiding the need for cheese making, means less heat, less processing and less denaturation. The result is more consistent flavor and better preservation of the natural, or 'native,' characteristics and functionality of the proteins. These novel native whey proteins also deliver naturally higher levels of leucine, glutamine/glutamic acid, and arginine than standard whey proteins to help support lean muscle.*

A better whey is on the way. It's called **NATIVE^{PRO00™}** by **RIVALUS™***

100%	30G	17%	<0.1G	ZERO
NATIVE¹	PROTEIN	MORE^{2,3}	LACTOSE³	rBST⁴
WPI	(per serving)	LEUCINE	(per serving)	HORMONES



INTRODUCING NATIVE^{PRO100}

LESS HEAT, LESS PROCESSING⁵

SOME THINGS YOU WON'T FIND IN NATIVE^{PRO100}



EXTRACTED DIRECTLY FROM MILK



BYPRODUCT OF CHEESE MAKING

NATIVE WHEY LOWER TEMPERATURE PROCESS

LOW TEMP FILTRATION

NATIVE WPI

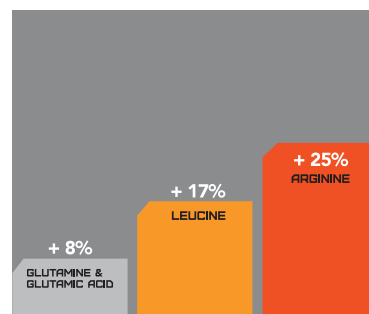
ENZYME TREATMENT

PASTEURIZATION & FILTRATION (HEAT)

STANDARD WPI

HIGH TEMPERATURE STANDARD WHEY PROCESS

NATURALLY RICHER IN KEY AMINO ACIDS FOR MUSCLE SUPPORT^{2,3*}



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LATEST SUPPLEMENT RELEASE

CLINICALLY TESTS INCREASE STRENGTH

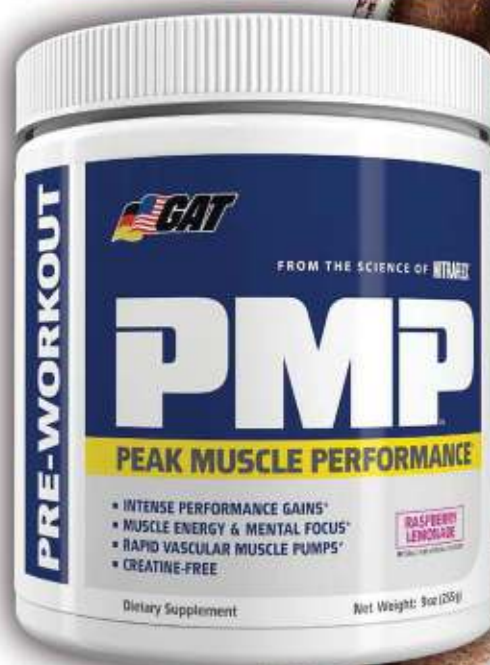
DOUBLE-BLIND, PLACEBO-CONTROLLED PRELIMINARY STUDY

A recently concluded double-blind, placebo-controlled preliminary study showed impressive preliminary results – that PMP pre-workout resulted in strength gains after a single dose. The supplement group had impressive gains in strength (+586LBS*), 1-RM bench press increased (+18.73LBS*), and the placebo group actually experienced decreases in total weight lifted (-57LBS). PLUS, the supplement group showed gains in five of the six measured categories and exercises – all from that single dose.

The results led the lead researcher, a world-renowned doctor and scientific leader in sport nutrition, to conclude "There was a trend towards improved maximal strength and total weight lifted in the supplement group...One might speculate that chronic use of the product (i.e. take it prior to every workout for 3-6 months) would lead to statistically significant changes in both performance as well as body composition...it is likely that the consumption of this particular pre-workout may enhance strength and total work performed."

If you want to get bigger and stronger faster, get your pump on with PMP and achieve Peak Muscle Performance.

To read the full study, go to teamgat.com/pmclinical



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"I stand firmly behind our unconditional
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Charles Moser
PRESIDENT & CEO



+PLUS SERIES™

+PLUS SERIES™ CARNITINE



THE **THERMOGENIC**,
PERFORMANCE BOOSTING
CARNITINE†

The L-carnitine blend includes superior forms of L-carnitine that have been shown to promote brain function, recovery from exercise, an increase in muscle carnitine levels and a healthy cardiovascular system. Also includes Gamma butyrobetaine to support your body's own L-Carnitine production and Grains of Paradise to support thermogenesis.†

+PLUS SERIES™ BCAA



4:1:1 RATIO OF INSTANTIZED
WATER SOLUBLE BCAA'S &
DELAYED RELEASE
LEUCINE†

Features instantized BCAA's for greater water solubility. This means preventing your shaker cup from being full of foam which is a typical experience for most BCAA users. That foam unfortunately is filled with Leucine, the BCAA responsible for anabolic signaling and the most important in the chain. So if you're not drinking the foam, you're not getting the most out of your BCAA's. Also features Active TR™ Leucine for a delayed release that supports protein synthesis over time.†

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THE NEW ERA OF
CREATINE,
NO BLOATING, 0 CARBS
AND NO LOADING PHASE†

The Bio-available Creatine Matrix provides a blend of Creatines that maximize water solubility, improve athletic performance, minimize bloat/gastric distress and support muscular endurance. It features most notably Creatine Magnapower® for its bioavailability and Creatine Citrate for superior water solubility.†

+PLUS SERIES™ GLUTAMINE



THE RAPID ABSORBING,
IMMUNE SYSTEM
DEFENDING & GLUTAMINE
RECOVERY FORMULA†

A blend of different forms of Glutamine and Glutamine Peptide plus Vitamin C to promote recovery and immune system support. Stress on the body can also result in inadequate amounts of Alanine, which is also included. It is considered to be one of the most important of the amino acids along with Glutamine for actual amino acid metabolism. The formula also features Sustamine®: a unique dipeptide ingredient that combines the amino acids L-Alanine and L-Glutamine to help your body rehydrate, replenish and recover. Sustamine's® dipeptide structure is quickly and easily absorbed by the body.†



PROVEN INGREDIENTS **RE-IMAGINED**



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CLINICALLY TESTED MUSCLE BUILDING

BEEF PROTEIN

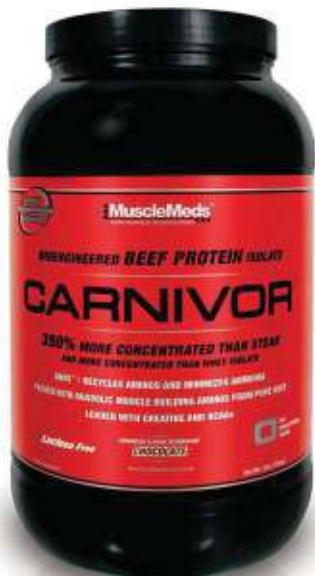
2 SCOOPS, 8 WEEKS
8 LBS. MUSCLE MASS*

The muscle building power of beef cannot be disputed. Ask most any bodybuilder and they will tell you that they make their biggest muscle gains and feel their strongest when they eat beef. Thanks to the development of CARNIVOR's advanced bioengineered Beef Protein Isolate (BPI), MuscleMeds has formulated a highly anabolic muscle building protein supplement that's shown in clinical research to build muscle mass and increase strength!

A new clinical study demonstrated that hard training athletes supplementing with CARNIVOR Beef Protein Isolate gained an average of 7.7 lbs. of muscle mass in just 8 weeks, while increasing strength. Researchers gave male test subjects 2 scoops of CARNIVOR BPI daily for 8 weeks while they exercised 5 days weekly. Athletes taking CARNIVOR BPI added an impressive 6.4% average increase in lean body mass. In contrast, the placebo group did not significantly improve their muscle mass from baseline.*

The study also showed that CARNIVOR BPI supplementation significantly increased lifting strength. Test subjects increased their average bench press strength by over 45 lbs. and added more than 90 lbs. to their deadlift over baseline.* These impressive clinical findings clearly validate the muscle and strength building power of CARNIVOR Beef Protein Isolate.

NICK
"3D"
TRIGILI
IFBB PRO



Available in 10 delicious flavors!

EXPERIENCE THE POWER OF BEEF AT THE SPEED OF WHEY!

23g

PROTEIN

0g

FAT

0

CHOLESTEROL

0g

SUGAR

Everyone knows that beef builds muscle! Don't waste another workout – start fueling your body with a superior muscle building protein source. CARNIVOR is the world's first and #1 selling Beef Protein Isolate (BPI), delivering 23 grams of high quality pure beef protein in 10 delicious flavors. Thanks to advanced hydrolysis and isolation technologies, CARNIVOR is a USDA Inspected, 99% pure premium grade beef protein powder that's highly bioavailable and more pure than any other protein. CARNIVOR'S exclusive BPI not only digests as fast as whey protein isolate, but it's even more concentrated in muscle building amino acids. And with CARNIVOR, you get all the power of 100% beef with 0 fat, 0 cholesterol, 0 sugar, 0 lactose and 0 gluten. CARNIVOR is loaded with performance enhancing creatine, BCAAs and BCKAs for even more muscle building power. Don't be fooled by other poorly formulated beef protein imitators. BEEF UP your muscles and get the results you want with CARNIVOR!

- CLINICALLY TESTED MUSCLE BUILDING PROTEIN
- HYDROLYZED FOR FAST ABSORPTION
- MORE CONCENTRATED THAN WHEY OR STEAK
- LOADED WITH CREATINE & BCAAs

NEW!
RTD



Available in Chocolate
and Vanilla Caramel!

WORLD'S #1 SELLING BEEF PROTEIN

EMP POWERED
WMP
ESSENTIAL METABOLIC PROTEINS

HIGH SPEED MASS – ALL BEEF GAINER!

50g

PROTEIN

720*

CALORIES

0g

SUGAR

Welcome to a new era in mass building supplementation with CARNIVOR MASS, the fast, clean and highly anabolic lean mass gainer that provides your muscles with 50 grams of hydrolyzed Beef Protein Isolate (BPI) and 125 grams of high impact reactive carbs. CARNIVOR MASS combines a unique best-of-breed BPI with an exclusive iSpike™ technology to deliver a near-perfect insulin spike to support maximum muscle anabolism, glycogen replenishment and tissue regeneration to kick start your recovery, while helping minimize fat storage. With CARNIVOR MASS, you get the mass building support of beef at the speed of whey without the lactose, allergies and other problems that are frequently associated with the use of dairy products. And CARNIVOR MASS tastes amazing! If you're serious about making big muscle gains, start supplementing with CARNIVOR MASS and watch yourself pack on size right before your eyes!

- **50g HYDROLYZED BEEF PROTEIN ISOLATE**
- **720 HIGHLY ANABOLIC CALORIES***
- **125g HIGH IMPACT REACTIVE CARBS**
- **LOADED WITH CREATINE & BCAAs**
- **SUGAR FREE & LACTOSE FREE**
- **ONLY 1.5g FAT®**



Available in delicious Chocolate Fudge, Vanilla Caramel, Strawberry, Chocolate Peanut Butter and Chocolate Macaroon!

NEW DELICIOUS SOFT BAKED BARS & BROWNIES

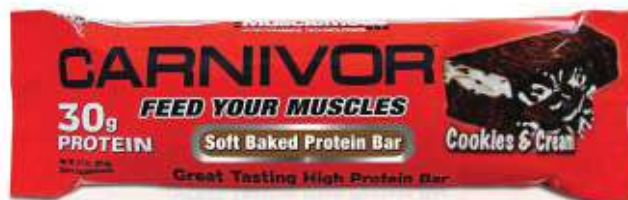
SOFT BAKED PROTEIN BARS

30g

PROTEIN

CONVENIENT

AMAZING
HOMEMADE TASTE



When you bite into a CARNIVOR Soft Baked Protein Bar, you'll instantly understand why so many people are raving that it's the best tasting bar they've ever tried. CARNIVOR BARS are made using proprietary baking technology to create a bakery fresh texture that's different than traditional protein bars. CARNIVOR BARS are a decadent, high protein bar that achieves an amazing candy bar taste while packing 30 grams of protein per serving.

These mouthwatering bars have a soft baked cake-like center surrounded by a rich chocolate coating, infused with either a gooey peanut butter or a flavorful cookies and cream filling. Support your active lifestyle and feed your muscles with CARNIVOR Soft Baked Protein Bars!

Available in Chocolate Peanut Butter and Cookies & Cream!



SOFT BAKED HIGH PROTEIN BROWNIE

15g

PROTEIN

190

CALORIES

CONVENIENT

AMAZING
HOMEMADE TASTE

Who says bodybuilders and athletes can't eat brownies? Satisfy all your cravings with MuscleMeds delicious Soft Baked CARNIVOR BROWNIES! These delicious high protein snacks have an amazing homemade taste while providing 15 grams of high quality protein with only 4 grams sugar and 190 calories. Pack in the protein you need with delicious Soft Baked CARNIVOR BROWNIES!

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BODYBUILDING.COM

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WORLD

LUCKY
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V theVitamin
Shopper
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© 2016 MuscleMeds. All rights reserved. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, cure, treat or prevent any disease. Your results may vary. *Based on Vanilla Caramel flavor. **Based on Chocolate Peanut Butter flavor.

*Sharp, et al., 2015 ISSN International Conference (Poster). Muscle mass data based on male subjects. Lean body mass gains compared to baseline. Based on 2 scoops (46 grams protein) daily. Female subjects also experienced an increase in lean body mass.

MuscleMeds
PERFORMANCE TECHNOLOGIES

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William "the Conqueror" Bonac has biceps to spare. Follow his custom-tailored Y3T routine, courtesy of Neil "Yoda" Hill, for bigger bi's of your own.

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Can you really be a bodybuilder without meat? Yes! Find out how to be a vegetarian monster in the gym without sacrificing muscle.

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The similar physiques but unique journeys of three-time Mr. Olympia Sergio Oliva Sr. and his son, 2015 NPC Nationals champion Sergio Oliva Jr.

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Fueled by her competitive fire, Dayna Maletton ended a five-year dry spell with her first pro win last year. She's determined to have a bigger 2016.

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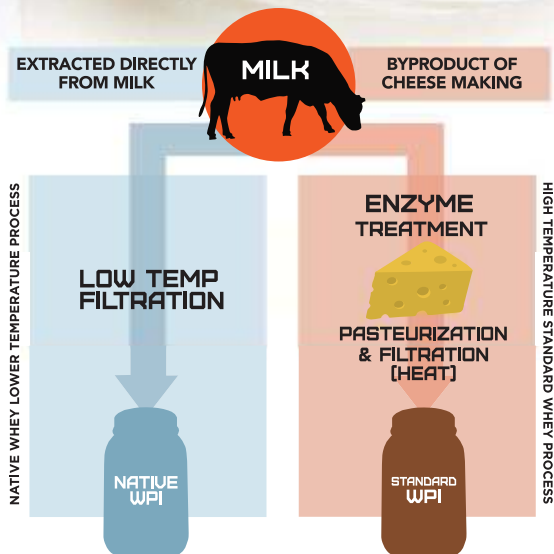
How Mamdouh "Big Remy" Elssbiay built the biggest quads of all time.



TO BUILD A BETTER WHEY PROTEIN WE WENT DIRECTLY TO THE SOURCE*



NEW



INTRODUCING NATIVE PRO¹⁰⁰™

100% NATIVE¹ WPI | **30G PROTEIN** (per serving) | **17% MORE LEUCINE^{2,3}** | **<0.1G LACTOSE³** (per serving) | **ZERO rBST⁴ HORMONES**

NEW RIVALUS™ NATIVE PRO¹⁰⁰™ uses an innovative process to gently extract delicate whey protein molecules directly from the milk of pasture-raised, grass fed cows. Avoiding the need for cheese making, means less heat, less processing, and less denaturation. The result is higher protein content, more consistent flavor, better retention of native functionality and naturally richer concentrations of key amino acids to help support hard-working muscles.*

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A glimpse at the place to be in March: the Arnold Sports Festival in Columbus, OH.



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White Flood Reborn™ has finally been replaced by a superior preworkout supplement in our new White Rapids™. White Rapids™ is a completely new formula that addresses the needs of today's gym goer: Energy, Pump, and Stamina. Not only is your body treated to these beneficial ingredients, but so is your mind. Distractions are a thing of the past with the addition of mental focus based components. Life is rapid; get a preworkout that can keep up!



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BODY BUILDING .com

LONG STAR

EUROPA

POPEYE'S

FROM THE CHAIRMAN

SHOW-TIME

MARCH IS THE MIDPONT OF THE BODYBUILDING SEASON—TIME FOR THE ARNOLD CLASSIC

■ This month marks the 28th annual Arnold Classic bodybuilding competition. In terms of longevity among IFBB professional shows, it ranks second, behind only the Mr. Olympia, and is a midseason highlight for bodybuilding fans. Why midseason? Because when promoters Jim Lorimer and Arnold Schwarzenegger came to Joe Weider saying that they wanted to produce their own top-tier bodybuilding event, they agreed that it would make the most sense to have it six months away from the Olympia. This meant March, and so it has been since the inaugural event in 1989. Hence, it is perfectly spaced with the Olympia to give bodybuilding fans two high points to look forward to during the year.

Speaking of the Olympia, we're already working on the 2016 edition, and we're stocking it with spectacular new events, a reconfigured expo, and lots of surprises. It's important to us that we continue to up the ante with bodybuilding and fitness' premier event, just as Jim and Arnold have done, and I promise you that the 2016 Olympia Weekend will be the greatest yet.

For more info on the Arnold Sports Festival (March 3-6), go to arnoldsportsfestival.com, and to learn more about the Olympia Weekend (Sept. 15-18), log on to mrolympia.com.

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FOREIGN EDITIONS



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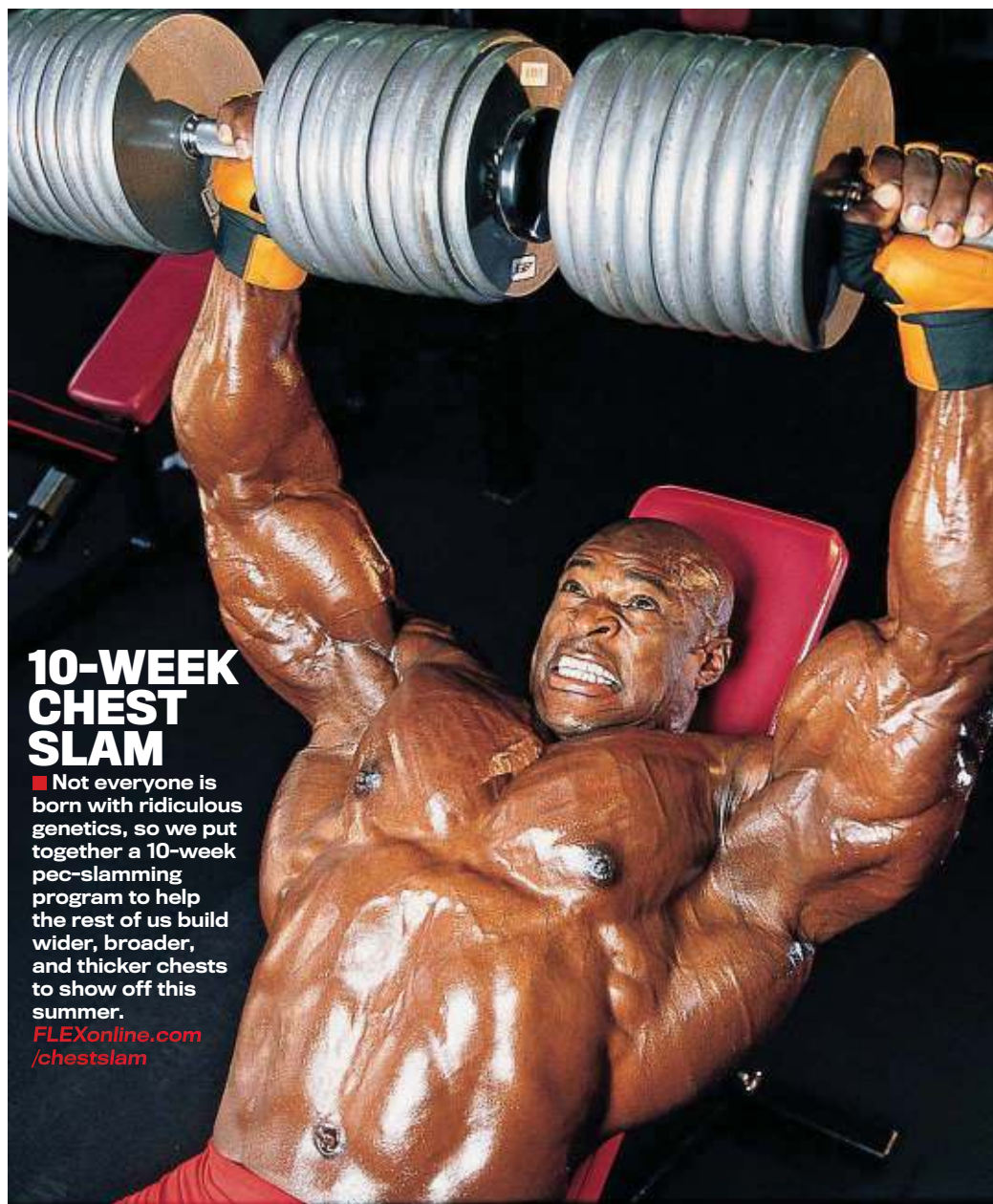


WHAT'S INSIDE?

An enigma. A legend. Within each of us, there is much complexity. And the potential to do great things. Even if others can't relate, we know what's inside. The same goes for Pak. **Revered for more than three decades**, Animal Pak has become a staple for the biggest dudes in every gym. Conveniently pre-dosed packs loaded to the hilt with **everything the hardest training lifters in the world require** to push to their limits and beyond. But those who swear by it know that Pak is so much more. A legacy of trust, honor and hard work goes into every single can. You can read every word on the iconic yellow label, but that only gives a glimpse of what's inside.



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10-WEEK CHEST SLAM

■ Not everyone is born with ridiculous genetics, so we put together a 10-week pec-slamming program to help the rest of us build wider, broader, and thicker chests to show off this summer.

FLEXonline.com/chestslam

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FLEX LEWIS

Motivated, hungry, and driven by the life I created. Leave 2015 issues there, and move forward by learning from your failures and create the life you want to live. This is what I work hard for every day! #2016WeHereToConquerYou #MuchLoveGuys

JUAN MOREL

Just got my @mr.olympia DVD and am watching myself on my big screen!! It's just what I needed to put me into overdrive for my #ArnoldClassic 2016 prep.

BIG RAMY

Don't fear failure. Fear being in the exact same place next year as you are in today.

PHIL HEATH

Back in 2012 I had the world wondering... Could I 3-peat? They used to say I was narrow. They don't say that anymore.



FLEX 2016 ARNOLD CLASSIC COVERAGE

■ The 2016 Arnold Sports Festival will take place March 3-6, and FLEX will be front and center to bring you all of the IFBB action! Tune in for the best coverage with photos, videos, interviews, callouts and more.

flexonline.com/2016arnoldclassic

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CHRIS LUND



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To get a lean physique you need clean fuel. That's why BPI Sports developed ISO HD™. This ultra clean protein formula contains no unwanted fillers and only the highest purity whey proteins. You work hard for your results and you deserve the highest quality supplements. That's why all BPI proteins have been quality verified by ChromaDex®.

Demand that your protein work as hard as you do.*†



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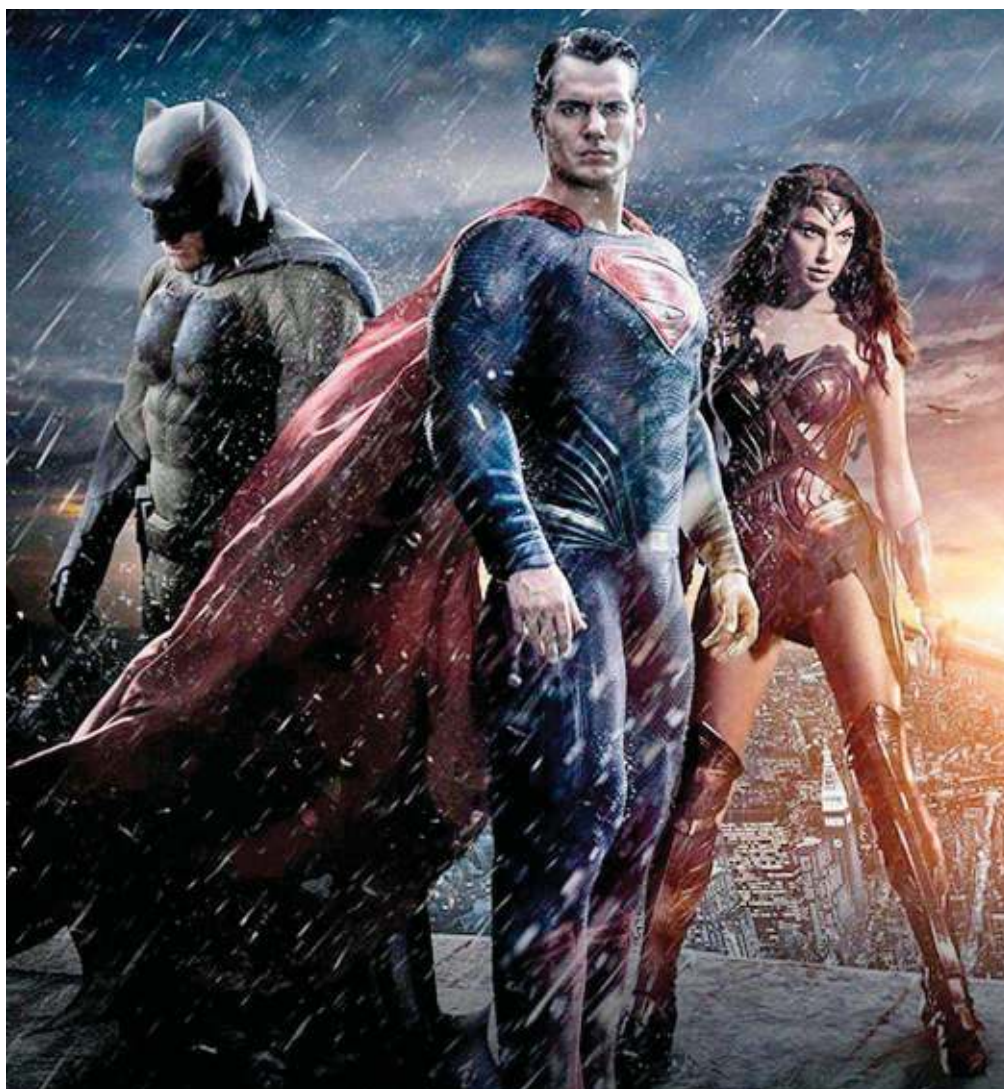
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† When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings for individual ingredients.

8 THINGS TO KNOW THIS MONTH

HIT LIST



WATCH

■ In *Batman v Superman: Dawn of Justice*, the Dark Knight travels to Metropolis to battle Superman in the second superhero film to occur within D.C.'s cinematic universe. Meanwhile, Lex Luthor aims to destroy mankind. How will the heroes (including Wonder Woman!) save the world?

March 25



GO

■ With more than 900 booths and several fitness celebrities, this year's Arnold will be huge.

March 3-6
Columbus, OH



LISTEN

■ Monster Clarity HD Wireless Earbuds offer crisp audio, precise fit, and easy-to-use buttons.

\$90, monsterproducts.com



EAT

■ Antibiotic- and hormone-free bison, packed with 12 grams of protein.

\$8, kivasunfoods.com

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YOUR DRIVE. OUR FUEL.

Nutrex.com YouTube f t i



PLAY

■ The 11th installment of MLB's *The Show* features updated graphics, new game-play modes, and hundreds of added animations. Available for PS4 and PS3. theshownation.com

WEAR

■ Power through any weightlifting or cardio workout with the durable and stable Adidas Adipure 360.3 cross trainers. A breathable mesh upper keeps feet cool and a flexible EVA midsole provides comfortable cushioning.

\$90, adidas.com



GROOM

■ All of Vineyard Hills Naturals' hair and body products are made with grape seed oil/extract, which contain omega-6, vitamin E, and polyphenols that moisturize and regenerate skin naturally. The Milk and Honey bar soap is enriched with olive oil and shea butter. **\$7, amazon.com**



TRAIN

■ Available in various sizes, styles, and materials, Bulgarian Bag is a versatile fitness tool designed for full-body strength training. Bulgarian Bag exercises such as hammer curls and front raises increase grip strength while unique moves like the handle spin and arm throw torch the core.

\$126, suples.com

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All ingredients are fully disclosed on the label because we are proud that BANG MASTER BLASTER is the most potent, best tasting pre-workout supplement in history!



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PRE-WORKOUT MASTER BLAST

SOUR HEADSTM

Natural and Artificial Flavors
NET WT 1.63 lbs (740 g)

DIETARY



NO MORE EXCUSES

■ Research from the University of Brasilia found that missing more than two out of 10 workouts can reduce gains. Tell that to your training partner the next time he tries to bail on you.

DEAD STIFF

■ Researchers from the University of Memphis compared the leg curl, glute-ham raise, and stiff-leg deadlifts for engaging the hamstrings. Stiff-leg deadlifts were the most effective.

DON'T FAIL

■ A study out of the U. of Wollongong, Australia, suggests that maximal gains in strength and size can be achieved without training to failure.

CARB IT?

■ Researchers from Murdoch University in Perth, Australia, showed that carb drinks during workouts do not improve strength or reduce fatigue.

GROWTH TIME

■ A Texas Tech University study found that muscle growth may occur as soon or sooner after starting a workout program than strength gains.

REST LONGER

■ A study out of Lehman College showed that longer rest periods (about three minutes) between sets were superior to one-minute rest periods for both strength and size gains in trained lifters.

200+

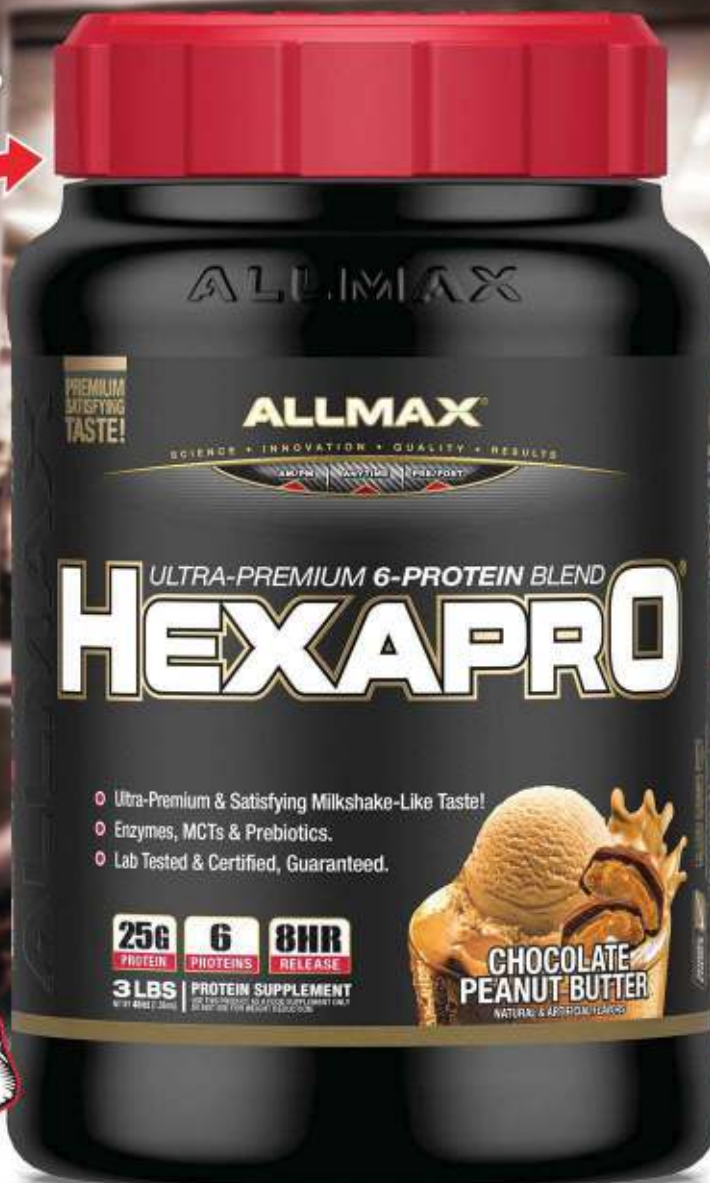
The number of individual muscles used to perform a free-weight squat.

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DO YOUR
PART

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All New Taste Sensation - HEXAPRO will quite literally ruin any other protein for you. With its thick, milkshake-like texture, you won't believe that you're getting 25g of pure protein! You can blend it with milk, but you don't need to. HEXAPRO mixes perfectly with ice-cold water.

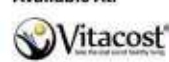
With its 8-hour sustained release, HEXAPRO can be enjoyed throughout the day or as the perfect, high-protein nighttime snack! Our 3 LB size dwarfs the other guys. Don't pay for 2 LBS when you can get 3 LBS!!! Better taste, Bigger Size... HEXAPRO is simply a better protein!

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PROFESSIONAL GRADE SUPPLEMENTS

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**MAG
FORCE**

■ An Indiana University study found that every 100mg per day decrease in magnesium increases the risk of pancreatic cancer by 24%. Fill up on leafy greens and nuts to keep your mag levels at the minimum recommended dietary allowance of 400mg.

**COFFEE
CAKES?**

■ Brandeis University: Parbaking green coffee beans to make coffee flour reduces the loss of the antioxidant chlorogenic acid. CGA helps regulate blood sugar and controls blood pressure.

1.5

Ounces of almonds needed daily to boost vitamin E, magnesium, and overall protein intake, along with decreasing sodium consumption and reducing empty calories eaten, says a University of Florida study.

**HEALTHY
FOOD,
HEALTHY
APPETITE**

■ A study in the *Journal of the Association of Consumer Research* found that when a food was referred to as healthy—compared with unhealthy—people ordered bigger portions and ate more. If the food was presented as “nourishing,” though, researchers found it reduced the feelings that the healthy food was less filling.

FAT, NOT FIT

■ People have argued that as long as you're still active and fit, you can be overweight and be as healthy as someone of normal weight. Research published in the *International Journal of Epidemiology*, though, analyzed more than 1 million men in a study from 1969 to 1996 and found that being obese is related to higher risk of early death, regardless of how much exercise is done.

**EAT BETTER, SLEEP BETTER**

■ Obesity and poor sleep have been found to go hand in hand, but a new study from the University of Pennsylvania found that for overweight people, simply starting to eat better and beginning to lose weight can improve alertness and sleep quality.

WHY NOT YOU?

Ever dream of **becoming a personal trainer?**
Turn your dreams into reality with **ISSA education.**

Meet Philip

"Most of my adult life has been focused on the health and fitness industry, so becoming an ISSA Certified Fitness Trainer was a huge accomplishment for me. The passion and energy I feel when I can help others achieve their personal athletic achievements or physical goals is immeasurable. My ISSA certification has allowed me to work with top adult athletes, run kids Boot Camps, and help military members optimize their training regiments. There is nothing like having the knowledge and resources that you can acquire as an ISSA professional."

After joining the U.S. Marine Corps, I entered my first amateur bodybuilding competition at the age of 21, while stationed overseas. I then turned professional as a lifetime drug-free Natural bodybuilder and I have won multiple World Championships as a Professional bodybuilder. Having the ISSA personal training certification gives me the training needed to be a true fitness professional and serve my clients."

—Philip Ricardo, ISSA CFT
PhilipRicardoJr.com



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lecture series

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undergraduate online course with
weekly lectures, dedicated professor,
and guided classroom discussion

Photo by: Dean Cook



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WHEN TO TAKE IT	 POST Before your 2 largest meals  POST Post workout	 POST Daily  POST Post workout	 POST Daily  POST Between meals	 POST Before bed
WHICH NITRO-TECH® WILL HELP YOU ACHIEVE YOUR GOAL?	30g of protein + creatine shown to build 70% more lean muscle than regular whey	6-in-1 whey peptide formula featuring 60g of protein + 14.8g of BCAAs with 8g of anabolic leucine to ignite protein synthesis* <small>*Per two scoops</small>	7-in-1 protein+ formula featuring 30g of protein + ultra pure CLA, MCTs, L-carnitine L-tartrate and more!	Powered by 100% micellar whey that combines ultra-anabolic benefits of whey protein with sustained-release benefits of casein

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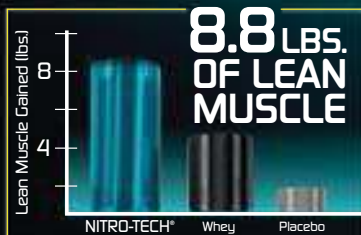
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101

THE #1 SELLING HIGH-PERFORMANCE PROTEIN



70% BETTER THAN WHEY



Leading university research published in the *International Journal of Sport Nutrition and Exercise Metabolism* showed that subjects using the core formula in NITRO-TECH® gained 8.8 lbs. of lean muscle in 6 weeks compared to subjects who used regular whey and gained just 5.1 lbs.

MILLIONS OF BOTTLES SOLD WORLDWIDE!

NITRO-TECH® has never been satisfied with mediocrity. You shouldn't be either. NITRO-TECH® improved regular whey protein to help you improve yourself. Ushering in a new technology of whey protein supplements, NITRO-TECH® has become synonymous with results – and is available in over 100 countries worldwide.

With three new formulas added to the family, the world's most advanced protein just changed the game – again. Grab yours now! See details inside.

FOR MORE INFO, VISIT: MUSCLETECH.COM/NITROTECH



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100%

NITRO TECH

BEST-SELLING WHEY ISOLATE+ LEAN MUSCLE BUILDER



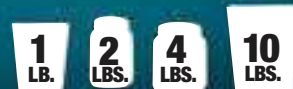
THE NITRO-TECH® ADVANTAGE

- Advanced whey protein supplement that was scientifically formulated to help build 70% more lean muscle than regular whey!
- Research published in a scientific journal shows that subjects using the core formula in NITRO-TECH® gained 8.8 lbs. of lean muscle in 6 weeks compared to subjects who used regular whey protein and gained 5.1 lbs.
- Whey protein used in NITRO-TECH® has been filtered using multi-phase filtration technology for less fat, lactose and impurities than cheaper protein sources
- Each scoop of NITRO-TECH® contains 30g of protein with only 4g of carbs, depending on the flavor, and no more than 2.5g of fat

WHEN TO TAKE



SIZES



AVAILABLE FLAVORS



CHOCOLATE PEANUT BUTTER SHAKE

- Few ice cubes
 - 1/2 cup almond milk
 - 1 scoop Milk Chocolate NITRO-TECH®
 - 2 tbsp. powdered peanut butter
- Mix in a blender until smooth.



NITRO TECH POWER

MUSCLE-AMPLIFYING PROTEIN

6-IN-1 WHEY PEPTIDE+ FORMULA



THE NITRO-TECH® POWER ADVANTAGE

- Loaded with 14.8g of BCAAs*, including 8g of highly anabolic leucine, to ignite protein synthesis and put your body in a prime anabolic state
- Enhances muscle performance and recovery, thanks to a 480mg dose (per 2 scoops) of tart cherry powder that reduces muscle soreness post-exercise
- Delivers a potent 6g* of creatine, which helps your body regenerate ATP energy stores depleted during resistance training

WHEN TO TAKE



SIZES



AVAILABLE FLAVORS



CREAMY BUTTERSCOTCH POWER SHAKE

- 1 cup almond milk
 - 1 scoop Triple Chocolate Supreme NITRO-TECH® POWER
 - 1 tbsp. sugar-free, fat-free butterscotch pudding mix
 - 1 tbsp. natural peanut butter or powdered peanut butter
- Mix in a blender until smooth.



6-IN-1 FORMULA

- 60g Whey Protein Peptides & Isolate*
- 14.8g Potent Dose of BCAAs*
- 2.5g Scientifically Validated Dose of Betaine*
- 6g Creatine Monohydrate*
- 200mg Test-Boosting Boron Citrate*
- 480mg Tart Cherry Powder*

*Per two scoops

FOR MORE INFO, VISIT: MUSCLETECH.COM/NITROTECH

NITRO-TECH[®] ADVANCED WHEY PEPTIDE+ FORMULA

RIPPED 7-IN-1 PREMIUM WHEY + FORMULA



THE NITRO-TECH[®] RIPPED ADVANTAGE

- 7-in-1 formula delivers ultra-pure CLA, MCTs, L-carnitine L-tartrate, green tea extract, rose hip and kelp powder
- One-of-a-kind formula designed to deliver ultra-pure protein
- Each scoop contains 30g of fast-absorbing, ultra-clean whey protein peptides and isolate to help build lean muscle size and increase strength

WHEN TO TAKE



SIZES

2
LBS.

4
LBS.

AVAILABLE FLAVORS



Chocolate Fudge Brownie



French Vanilla Swirl

RIPPED BLUEBERRY CRUMBLE SHAKE

- 1 cup almond milk
- 1 scoop French Vanilla Swirl NITRO-TECH[®] RIPPED
- 1/4 cup oats
- 1/2 banana
- 1/2 cup frozen blueberries
- 1/4 tsp. cinnamon
- 1/2 tsp. vanilla extract

Mix in a blender until smooth.



7-IN-1 FORMULA

- 30g Whey Protein Peptides & Isolate
- 500mg L-Carnitine L-Tartrate
- 250mg Conjugated Linoleic Acid (CLA)
- 100mg Green Tea Extract
- 100mg Rose Hip Extract
- 20mg Premium Kelp
- Medium Chain Triglycerides

NITRO-TECH[®] 100% WHEY NIGHTTIME PROTEIN FORMULA

NIGHTTIME



THE NITRO-TECH[®] NIGHTTIME ADVANTAGE

- 35% better biological value than casein; superior leucine and BCAA content than casein
- The sustained-release whey protein in NITRO-TECH[®] NIGHTTIME has a biological value of 104 – while casein has biological value of 77 – for better protein absorption and utilization
- One scoop delivers 25g of pure protein, so you get the amino acids you need to help you recover at night and build more lean muscle and strength

WHEN TO TAKE



Before bed

SIZES

2
LBS.

AVAILABLE FLAVORS



Triple Chocolate Milkshake



French Vanilla

THICK 'N RICH NUTTY DREAM SHAKE

- A few ice cubes
- 1 cup milk or almond milk
- 2 scoops Triple Chocolate Milkshake NITRO-TECH[®] NIGHTTIME
- 1 medium banana
- 1 tbsp. natural peanut butter or powdered peanut butter

Mix in a blender until smooth.



FOR MORE INFO, VISIT: MUSCLETECH.COM/NITROTECH



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NETRITION

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WARNING: This product can raise your blood pressure & interfere with other drugs you may be taking. Talk to your doctor about this product.

*These products are not manufactured or distributed by U.S.P. Labs.

A close-up, low-angle shot of a man's extremely muscular torso. The lighting is dramatic, with strong highlights on the pectorals and abdominals, and deep shadows elsewhere. A bright, glowing yellow energy beam or lightning bolt streaks across the upper left, and another similar effect is visible in the lower right background. The man is wearing dark, possibly wet, athletic shorts.

APITM CUT AF *FAT BURNER*
ENERGY / FOCUS / INTENSE THERMOGENIC

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- ▶ Subjects combining the core ingredients in Six Star® 100% Whey Protein Plus with a weight training program gained 70% more lean muscle than subjects using regular whey protein (8.8 lbs. vs. 5.1 lbs.)
- ▶ Delicious, satisfying milkshake taste

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CHOCOLATE



VANILLA
CREAM



STRAWBERRY
SMOOTHIE



COOKIES
& CREAM



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VALUE SIZE



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RAMY'S LEGENDARY LEGS

HOW MAMDOUH "BIG RAMY" ELSSBIAY BUILT THE BIGGEST QUADS OF ALL TIME

BY GREG MERRITT PHOTOGRAPHS BY PER BERNAL

It's time for that conversation. It may seem early. But this is Mamdouh Elssbiay's fourth pro year. What holds some people back from bold proclamations about his legs is the fact that the Beast from the Middle East is only 31, and he still seems like a work in progress—especially when you consider how dramatically he's transformed in just the past couple of years. At the top of the lower-body wish list are deeper cuts in his quadriceps and hamstrings and larger calves to balance

out the enormity of muscle above his knees. Maybe we'll see that at future Olympias—and if we do he'll likely be hoisting Sandows. Or maybe his "treads" are destined to never match his monster wheels.

For now, let's focus on what Big Ramy already has. His quads are so colossal he's run out of space to put new muscle. Meat hangs from the sides like spare wheels on his wheels. When that's coupled with his small knee joints and undersize calves (not to mention his

cartoonishly gargantuan upper half), the effect is so astonishing that his first appearance onstage at the 2015 Olympia generated head-shaking murmurs of laughter. Like a visit to Jurassic World, the unreal is suddenly apparently real. When shape, balance, and separation are factored in with size, there are numerous candidates for greatest legs of all time. That debate continues. But for largest quads ever, ladies and gentlemen, we have a winner. Behold Big Ramy.



LEG EXTENSION

Last year's Arnold Classic Brazil champ always begins his wheel workout with leg extensions. At times in his career this has been only a warmup with two sets of 50. On other occasions he's gone significantly heavier for four working sets of 15. Our sample routine cuts the difference with three sets of 20-25. Think of it as a working warmup. "This is to make sure my knee joints are warm but also to begin the workout with some real work," Elssbiay explains.

By starting with the only isolation exercise of his quad routine, he assures that the three compound exercises that follow better target his quads and focus less on his glutes and hips. He will often hold contractions for three seconds. Such tensing against resistance helps bring out quad separation and striations—a major focus for Elssbiay as he hopes to improve on last year's fifth-place Olympia finish and climb into the top trinity in 2016.





ELSSBIAY'S QUAD ROUTINE

EXERCISE	SETS	REPS
Leg Extension	3	20-25
Squat	4	10-15
Leg Press	4	15-25
Machine Squat	4	10-15



SQUAT

There's a video on YouTube of Ramy squatting six weeks before last September's Olympia. He's cranking out reps with 495—a big enough number that you can see the bar bending slightly, as if starting to surrender. We see him do eight reps, but he began before the video begins, and he's still going strong when it ends. The final tally was in the 12–15 range, because that's a typical set of squats for the 316-pound Beast from the Middle East. His Beats by Dre headphones (playing hip-hop) are clamped over his hoodie's hood. His knees are wrapped over his sweat pants. His stance is wide, and his toes are angled outward. And he's firing off reps like a piston, up and down without pause, from nearly parallel at the bottom to nearly standing straight at the top, keeping constant tension on his quadriceps.

By angling his feet outward, he creates a steady base from which to hoist such heavy metal, and he also focuses more on his outer quads. This has been chiefly responsible for expanding Elias's vastus lateralis to dimensions never before seen. In fact, if you had to name one exercise that's done more than any other to transform the 5'9" Egyptian from 200 pounds at his first contest in 2011 to 316 at the athletes' meeting two days before the 2015 Mr. Olympia, this would be it. "From the time I learned how to squat correctly, my legs just started growing," Ramy says. "You need to maintain good form, stay upright, be safe, and work consistently at getting stronger."



LEG PRESS

Before he was Big Ramy, when he was still just Average Elssbiay, an Egyptian fisherman who started weight-training as a hobby, his first bodybuilding idol was Dorian Yates. The six-time Mr. Olympia (1992-97) eschewed free-weight squats, feeling they didn't jell with his body mechanics. Yates built his gargantuan quads with three machine exercises: leg extensions, leg presses, and hack squats. Though Ramy found squats work exceptionally well for him, he otherwise adopted Yates' three exercises—the mechanical basics.

He does his leg presses on a 45-degree machine. There are two important form factors with this exercise. First, he typically places his feet low on the footplate. This positioning works the quads more and the glutes less. Not coincidentally, it's harder than when you put your feet high on the footplate. The second form factor is his stance. It's just wide enough to get his mammoth thighs to the sides of his waist in the low position. This allows him to go deeper than bodybuilders who take a narrower stance. Again, this is the hard way but the most effective way.

Too many bodybuilders waste time on the leg press. They overload it with plates, take a high, narrow stance, and then pump out quarter reps. Elssbiay isn't out to impress anyone by leg pressing a ton (literally) for short sets of short reps. With less than 1,000 pounds, he makes certain his form maximizes quad activation. He gets deep, fluid reps. And he racks up a lot of them. He may go up to 30. "This one hurts," he says with a smile. "But you just have to keep going. Fight through the pain."

RAMY'S RULES

- 1 FOCUS ON THE BASIC EXERCISES.**
- 2 DO FULL REPS FOR FULL DEVELOPMENT.**
- 3 MASTER THE SQUAT, AND ALWAYS MAINTAIN PROPER FORM.**
- 4 REPS IN THE 10-25 RANGE WORK BEST FOR QUADS.**
- 5 TRAIN LEGS ONCE WEEKLY.**
- 6 MACHINES OFTEN HAVE ADVANTAGES OVER FREE WEIGHTS.**



MACHINE SQUAT

Elssbiay ends his quad routine with a mechanical squat. He has a lot of machines to choose from in Kuwait City's Oxygen Gym, from a traditional hack squat to more modern contraptions. He typically favors a super squat machine. This has become increasingly popular in gyms over the past decade, but in case you're unfamiliar with it, here's a quick primer. With your back against the pad, its closest cousin is the hack squat. However, unlike a hack squat, the carriage doesn't move on a wheeled track. Instead, it moves up and tilts back on hinges. What earns this machine its "super" qualifier is its reversibility. When you face the pad and lean forward, the exercise becomes a power squat, mimicking the motion of a football lineman in the trenches.

The latter position is good for variety, but, as we've already noted, Ramy strives to isolate his quads and minimize glute and hip stimulation, so he does his super squats with his back against the pad. As with a free-weight squat, he goes down to approximately parallel and comes up to just short of lockout. He sets his feet a little out in front, which limits his range of motion slightly but also makes this one easier on his knees (no need for wraps). He also takes a narrower stance than on free-weight squats, with his feet about 10 inches apart. The machine locks in his range of motion, and the back pad keeps him in an upright position, so he can focus only on his legs.

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*Scheett, et al. Consuming branched-chain amino acid supplement during a resistance training program increases lean mass, muscle strength and fat loss. Journal of the International Society of Sports Nutrition 2009, 6(Suppl 1):P1

*Scheett et al. Consuming branched-chain amino acid or whey protein in combination with hypocaloric diet differentially effects muscle mass, body fat and strength in trained subjects. Manuscript in Process.



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RAMY'S SECRET

There's no secret combination of exercises, sets, and reps. If you read this article expecting to learn the key to unlocking Ramy's incredible growth, it's hidden somewhere in the atomic double helix of his DNA. He does the standard leg exercises—leg extensions, barbell squats, 45-degree leg presses, and some type of machine squats—for moderate to slightly-higher-than-moderate reps. That information can help you formulate and execute your routine. But the ingredient for maximizing your leg potential is always going to be that special seasoning that makes the recipe—the will to put in hard work. That's as close as you're going to get to a nongenetic secret to Ramy's gargantuan quads.

Elssbiay lived directly above Oxygen Gym for years, just one flight of stairs away from the squat rack. We say of some gym rats they "live in the gym." Ramy nearly did. Moreover, he applies the same work ethic to his training sessions that family members applied to their long, brutal days of sea fishing. More than any other body part, successful quad training requires regular journeys through pain barriers. The lactic acid is going to build up, especially when grinding out higher reps. Your mind is going to say and then shout and then scream "Stop!" But you need to keep going. Another rep and another and another. Pain becomes your friend, not your enemy, a welcome signal that you're stimulating new growth. That never-surrender mentality is the key to Big Ramy's leg workouts, and it's as close as you're going to come to the secret to his success. **FLEX**

**GOING THROUGH THE PAIN
BARRIER IS KEY TO RAMY'S
PHENOMENAL QUAD SIZE.**

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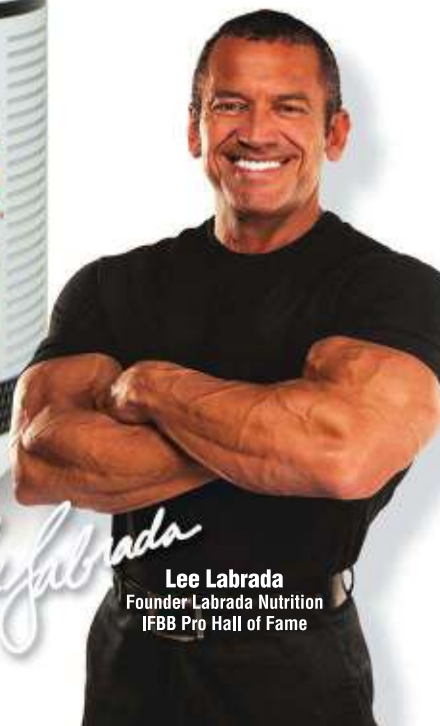
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"ANYTHING IS POSSIBLE. I'VE SPENT MY WHOLE LIFE TRYING TO GET ON THE OLYMPIA STAGE, BUT I ENDED UP PUTTING MYSELF ON THE DAMN BUILDING INSTEAD."

PJ BRAUN
BLACKSTONE LABS, PRESIDENT

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PJ BRAUN
BLACKSTONE LABS, PRESIDENT



PAGE
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Mr. O on the motivation
that keeps him on top.

1ST SET

**ALL THE HOT
TOPICS IN
BODYBUILDING
& FITNESS**

Get the answers to your
questions with Dave
Draper's decades of
workout wisdom.

PAGE 60

Body ink, firefighter
calendars, morning
routines, and more with
top Weider Athletes.

PAGE 62

Olympia 212 champ Flex
Lewis on post-contest
meals and Project Flex
for the military.

PAGE 66

A battle with cancer led
Zach Zeiler to the gym.
Now he inspires others
to live life to the fullest.

PAGE 68

Think you're too old to
get ripped? Obviously
you haven't met
61-year-old Eli Portnoy.

PAGE 70

DAYS OFF

TRAVELING INCOGNITO,
STAYING MOTIVATED,
AND PHIL HEATH
CLASSIC UPDATES

Q Do people recognize you everywhere you go—or can you sometimes maintain a low profile?

There's always at least one guy at the airport who points me out or someone in the hotel lobby or someone in the restaurant or someone on the street. I was in Mexico before Christmas for a much-needed vacation, and even when I'm out by the pool, there's some guy taking his shirt off to show me he knows who I am.

Q How do you stay motivated in the 12 months between Olympias?

Pretty much thinking about successes in the past and looking at pictures from my career going back to the start. Even though I won, I'm not satisfied that I presented the best I'm capable of. There's always something to work for. I listen to my fans on social media, and I'm always working toward presenting something better. I have a great support network, too—that makes all the difference in the world.

What's special about this year's Phil Heath Classic?

A couple of things have changed! First off, for our fourth year, the Phil Heath Classic is also a Pro Am contest. On top of being an NPC national qualifier for bodybuilding, fitness, figure, bikini, and men's and women's physique for open, masters, novice, and teen competitors, we'll also have IFBB pro men's physique, pro fitness, and pro bikini. Also, we're moving from Houston, TX, to the Dallas Convention Center, and it will be a two-day event, March 11-12, with an expo and everything. It's going to be great! You can find details at texasbodybuildingcontests.com.



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RULE **1** PROTEINS™

A black and white photograph of a muscular man, Dave Draper, in a gym. He is wearing a dark tank top and is bent over, performing a rowing exercise with a large dumbbell. The dumbbell has "50" printed on it. His muscles are very defined, particularly his back, shoulders, and arms. The background is slightly blurred, showing other gym equipment.

1ST SET **BLOND BOMBER**

WORKOUT WISDOM

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BODYBUILDER DAVE DRAPER

Q Should aerobic exercise come before or after weight training?

If you're reasonably fit, I suggest 15 to 20 minutes of aerobics first, followed by 10 minutes of midsection exercise, then finish up, unpressured and focused, with your weight routine.

Less-fit people prefer to warm up only for five minutes before weight training in order to conserve energy, doing the remainder of their cardio upon completion. Some reserve their cardio for the end of their workout, aiming to burn their excess calories. There are good arguments for all. You chose as you become familiar with your training.

Q How do I get a flat stomach?

To tone the muscle and reduce the size of your midsection, plan to do a basic 10-minute routine of stomach crunches and leg raises, three to

reestablishment of groove to avoid muscle aggravation. Perhaps a change of angle will allow pain-free movement. You need to listen to the pain and work around it. I prefer this to laying off.

Q Are supplements a waste of money?

A good-quality time-release vitamin-mineral is very important. The nutrients needed for muscle repair, resistance, internal health, skin, bone, and energy are required regularly in abundance and often cannot be stored or produced by the body. We rarely eat enough of the right foods to get what we need for minimum health, much less high performance. We are composed largely of protein; protein is the major ingredient for muscle building, hormone structure, energy, and much more. Again, as high performers, we want

Q How many days per week should beginners work out?

Allow yourself 60 to 90 minutes, three or four days a week. This will allow you to do 15 to 20 minutes of cardio, 10 minutes to work your midsection, and 45 to 60 minutes for weight training. Pick one exercise per muscle group and do three or four sets of 10 to 12 reps for each exercises. Do this for six weeks, then alter your routine to suit your progress.

four times a week. Fifteen to 20 minutes of intense cardio will help overall tone and introduce metabolic improvements to burn body fat, much of which is stored in the hips and midsection. Plan on a sound high-protein, low-fat menu. Note: Overall weight training contributes to the tone of the stomach and the burning of body fat.

Q My shoulder hurts when I bench-press. What should I do?

As shoulders endure overuse and misuse, injury and pain are not uncommon. Warm up the shoulders with light weight and high reps. This will align mechanics, bring supportive blood to the muscles, arouse synovial fluid in the joint, and provide warmth for movement ease. If pain persists in your bench as you add weight, try changing your grip (a hand in or a hand out), try the Smith press, or go directly to dumbbells. Dumbbells give you freedom to alter the position of the resisting weight with hand rotation and

high-quality protein in abundance throughout the day to build muscle and grow strong with great vitality. A quality protein supplement from whey and casein will ensure this for those times when consumption of solid food is not convenient or desirable. These are the basics you really need. They are not a waste of money; instead, they are a good investment in long life and good health.

Q Do I need a lifting belt?

It's imperative to use a high-quality leather lifting belt to support your lower back when lifting overhead, deadlifting, squatting, or performing intense standing curls and lateral raises. When lifting where there is no excessive demand on the lower spine, train without the belt to allow the muscles to do their job freely. It's a good idea to do specific exercises to strengthen the lower-back area, like hyperextensions, stiff-leg deadlifts, and power deadlifts.

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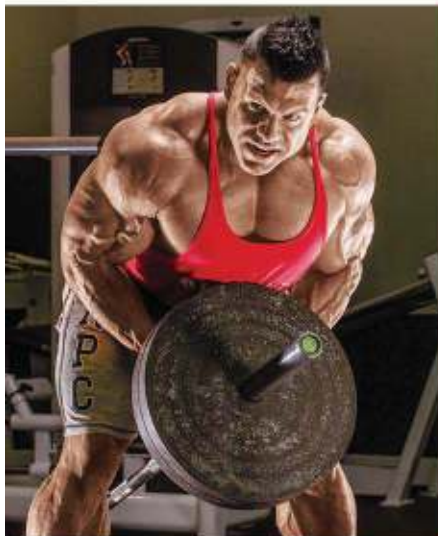


WILLIAM BONAC

Q What is the significance of the tattoos on your arms?

The left one is tribal. It stands for warrior! And on my right arm is the reaper, with a butterfly beneath him. The reaper stands for death, the butterfly for life. The butterfly will pop out to be so beautiful, and it lives just for a few days, but it proves life is worth living, even for just a couple of days. Meaning life is short—make the best out of it!

Q Other than bodybuilding, what sports do you follow? Soccer, and K-1 [kickboxing/martial arts] fights.



STEVE KUCLO

Q It was great to see you guest-posing at the Wyoming Classic. Do you like making guest-posing appearances? Guest-posing appearances are one of my favorite parts of being a pro bodybuilder. I really enjoy meeting new fans and going places I have never been to. I think people get a general impression of professional athletes as stuck up or not very social. I always enjoy talking to people and letting them get to know me as a person, not just a bodybuilder.

Q Have you ever appeared in a firefighters' calendar? Yes, in Dallas about five years ago. It was for charity and not something that went to national publication.

DANY GARCIA

Q What is the secret to mastering your diet-how do you figure out what works? The key is making sure the food I'm consuming is nutritionally rich in addition to being organic and low in fat. I work very hard to offset my caloric restrictions during prep with a detailed holistic supplement program so that the restriction in calories does not translate to a restriction in vital minerals and nutrients.

Q What will be your first contest in 2016? I'm looking to compete again in late summer but will wait until the first part of 2016 is over to pick my shows.



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JUAN MOREL

Q You have another child! Want to make a birth announcement?

Izabella Morel arrived on Dec. 19 at 4:51 a.m. My wife and the baby are fine. I'm even getting my sleep.

Q What's your contest diet like in the last phase? Two weeks out I'm at 400–600 grams of carbs a day, and then I jack it up to 1,000g a day. For the last week it might be 1,200g a day, and in the last couple of days it might be as high as 1,800.



MAMDOUH ELSBIAI

Q Do you cook your own meals? I cook about once or twice a day. It's either my wife or myself preparing the meals, and she does most of the cooking. When I'm tired after a heavy workout, my wife will prepare the post-workout meal.

Q When do you start training for the 2016 season? I took two months

off after last year's Olympia, and I was back in the gym on Dec. 1, ready to focus on the work ahead.

Q What is your morning routine? **When do you do cardio?** I'm up at 7 a.m., and I take a glutamine and BCAAs supp right away. About 30 minutes later, I get on the StepMill. Cardio is boring but necessary. The most I do is 45 minutes in the morning. I don't like doing cardio after my workout.

CODY MONTGOMERY

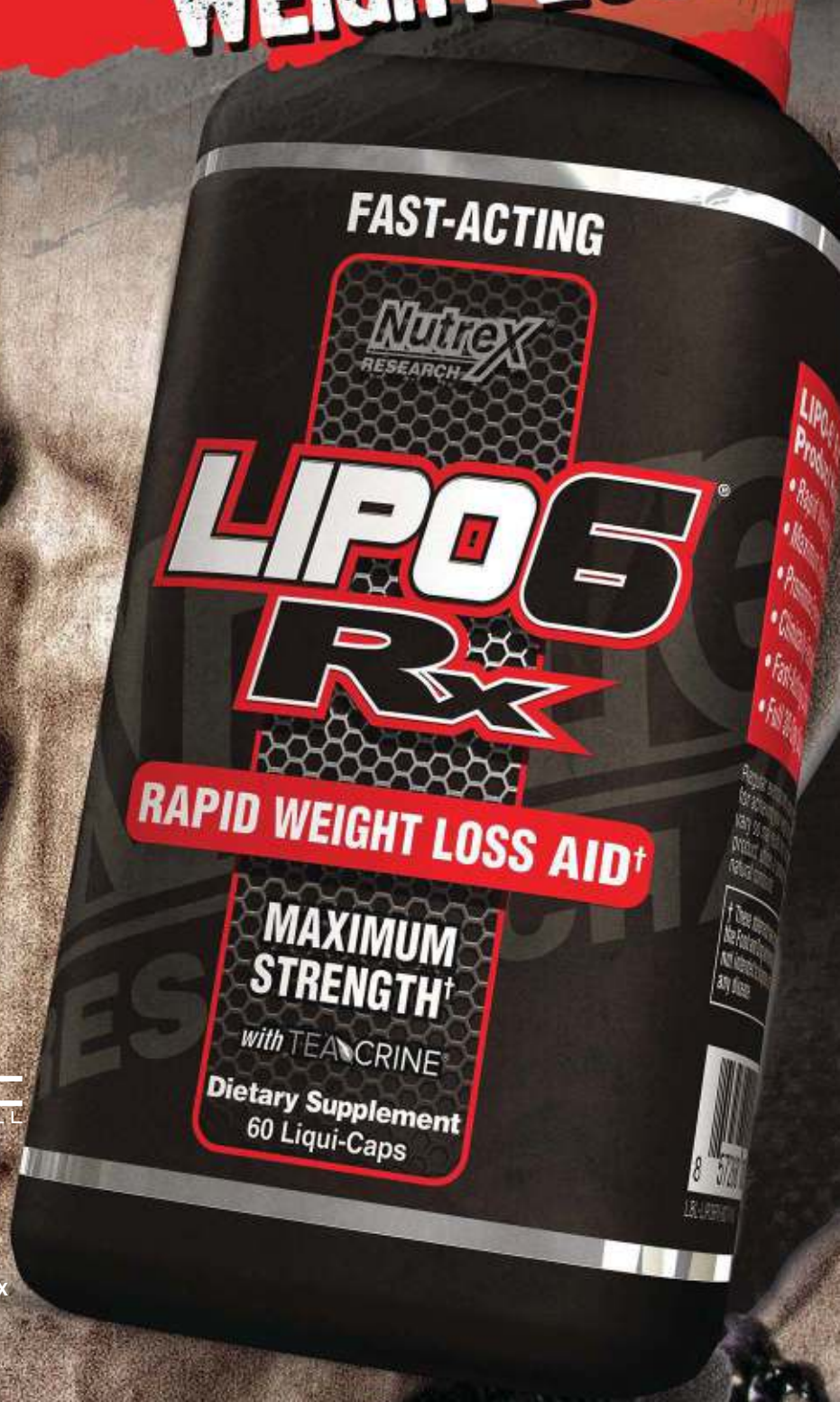
Q Do you train alone?

My nutritionist, Chris Aceto, is helping me prep for 2016. I train with my good friend and trainer, Roland, who owns the Muscle Factory gym in San Antonio [TX]. Chris Cormier has been a great mentor to me and has always pushed me to be my best. I'm grateful to have such a supportive group of people behind me.



PER BERNAL (3)

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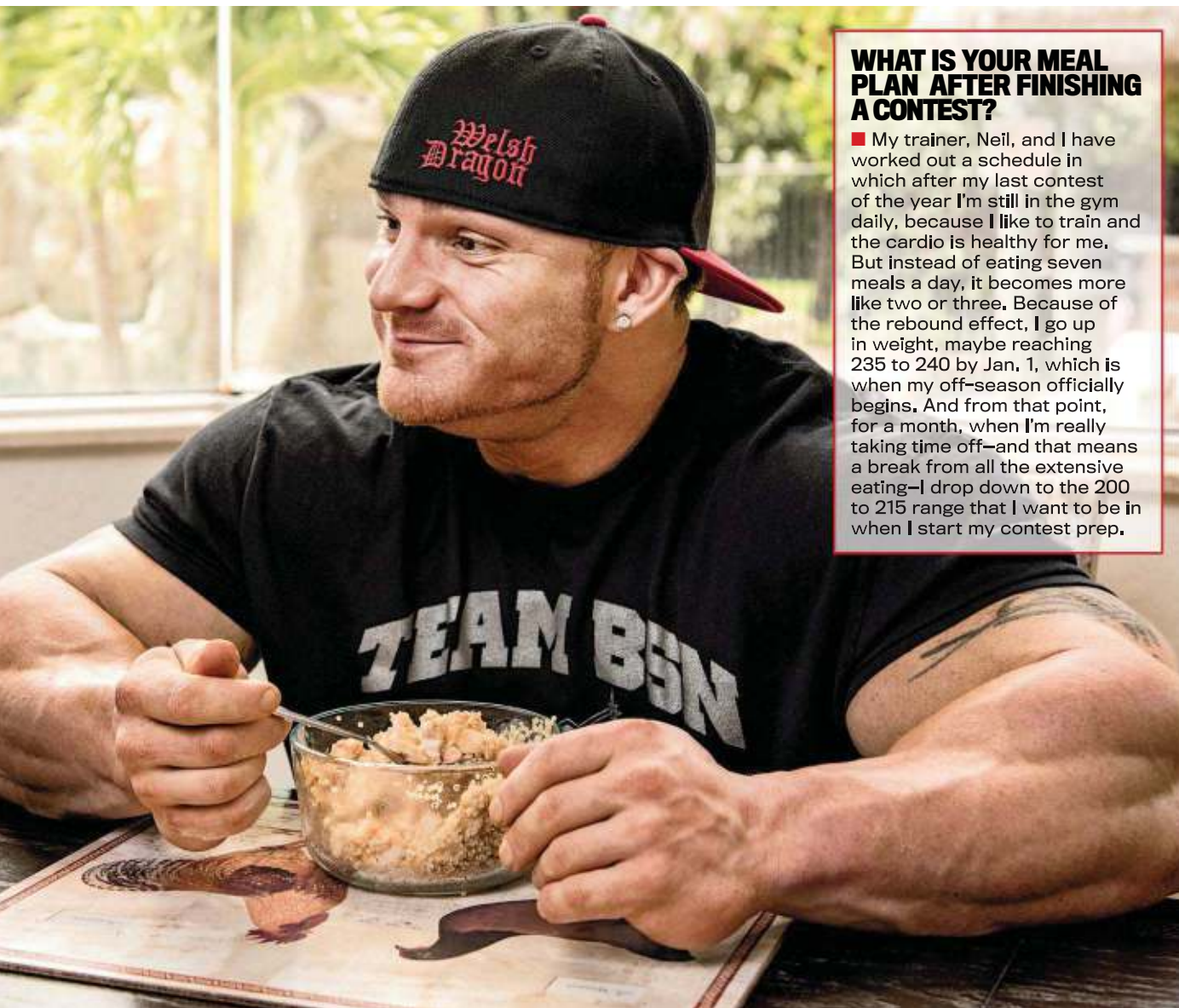
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WHAT IS YOUR MEAL PLAN AFTER FINISHING A CONTEST?

■ My trainer, Neil, and I have worked out a schedule in which after my last contest of the year I'm still in the gym daily, because I like to train and the cardio is healthy for me. But instead of eating seven meals a day, it becomes more like two or three. Because of the rebound effect, I go up in weight, maybe reaching 235 to 240 by Jan. 1, which is when my off-season officially begins. And from that point, for a month, when I'm really taking time off—and that means a break from all the extensive eating—I drop down to the 200 to 215 range that I want to be in when I start my contest prep.

SPRINGING INTO 2016

LEWIS REVEALS HIS OFF-SEASON STRATEGY, HIS PLANS FOR PROJECT FLEX, AND MORE

Q Is the Project Flex experience going to be offered again this year?

Sure it is! We'll have four or five Project Flex experiences this year. The first one, in February, is for military members only, and it's going to be free for the participants. Go to flexlewis.net for more info.

Q You're at 12 consecutive contest wins. When are you going to try for No. 13? It'll be at the 2016 Olympia 212 Showdown.

Q How are your wife and baby doing? Fantastic. Best things that ever happened to me. Better than any trophy or award I've won. Ali is back in the gym. She enjoys having that part back in place again—she trained pretty much up until the birth, and then she was counting down the weeks until she could get back.



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† When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings for individual ingredients.



COMEBACK KID

BEATING CANCER AT 15, ZACH ZEILER FOUND PURPOSE IN THE GYM.

■ It started out as a typical day for Zach Zeiler. He and his girlfriend, Tara, were just hanging out, as normal 15-year-old kids do, but a gum-ball-size lump on the right side of his neck quickly aroused suspicion.

"I was referred to see an ear, nose, and throat specialist, where I was then supposed to receive a biopsy surgery," Zeiler, now 21, recalls. "I was diagnosed with cancer on Feb. 26, 2010."

Four months of chemotherapy wreaked havoc on Zeiler's mind and physique, taking him from a "semimuscular" 155 pounds to a gaunt 106 pounds. Even walking posed a challenge at first.

Zeiler knew he needed a way to cope. That's when he turned to the gym, but the chemo port in his chest limited him to body-weight squats, pushups, and dips in his basement.

"I would just try to get better each week," he recalls.

A year passed, and Zeiler was itching to get into a real gym. He

found an offer for a gym membership and started hitting the iron. Some Internet browsing led him to discover the sport of bodybuilding, and that's when he began upping his intensity in the gym.

**"I'VE SHIFTED
TOWARD
HELPING
PEOPLE AND
LEAVING AN
IMPACT."**

Fast-forward five more years and Zeiler has built himself up to a shredded 180 pounds. He trains seven days a week, hitting each muscle group twice a week. As for his diet, Zeiler says that he has always been blessed with a fast metabolism, eating just slightly more than his

maintenance calories.

Eventually, he started to receive messages from others telling him how his story helped them overcome their own obstacles.

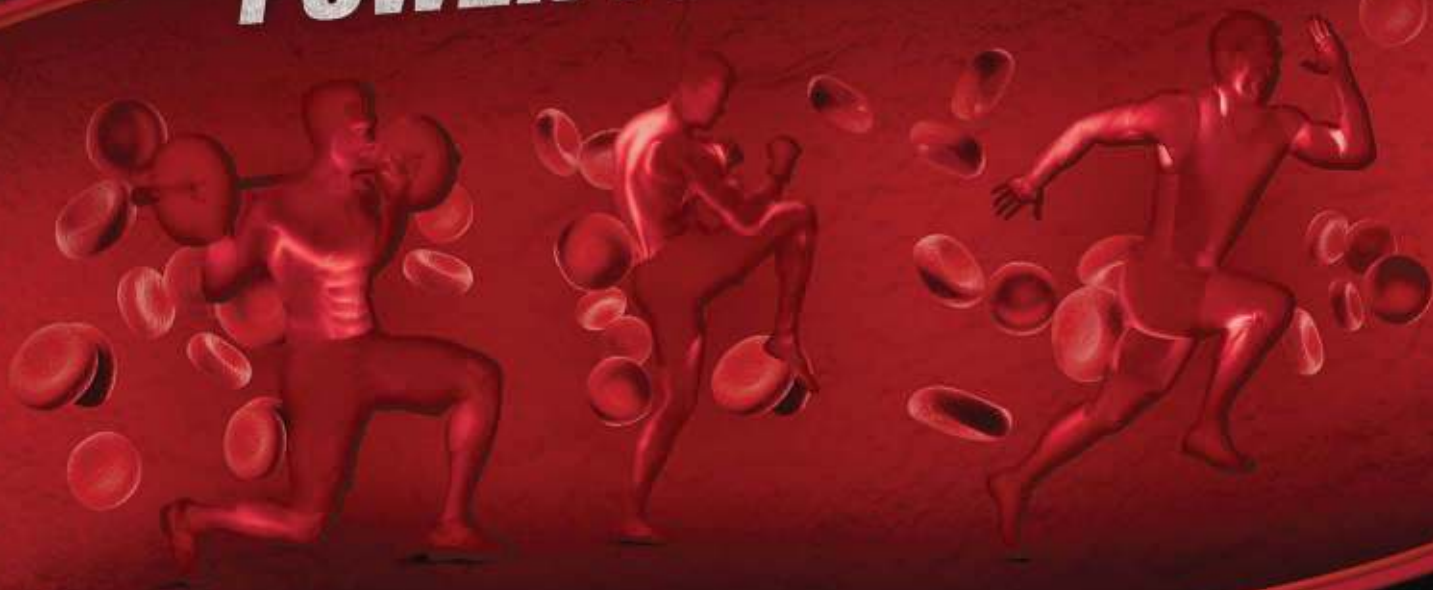
"My drive to build the best possible physique that I can will always remain the same, but now I've shifted toward helping people and leaving an impact; that's something that's really grown important to me."

Facing his own mortality at such a young age has matured Zeiler beyond his years. Battling cancer certainly creates a shift in one's priorities, and for Zeiler, that means doing what he truly loves: He's an online personal trainer, has plans to release his own clothing line, and still spends every day with Tara.

"We can't be afraid to pursue things that we truly love in life, because it could all be over tomorrow. I could be diagnosed tomorrow; you don't know," says Zeiler. "I'm trying to pursue everything I love doing and make a living out of it."

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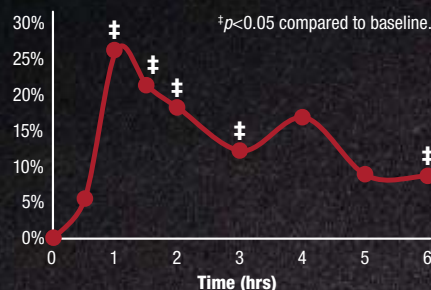
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*Results compared to baseline.

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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Nutrition21

THE MOTIVATOR

ELI PORTNOY PROVES THAT IT'S NEVER TOO LATE TO START

■ Eli Portnoy doesn't consider himself special. In fact, the 61-year-old always saw himself as anything but. After more than 40 years as a successful brand strategist in the corporate world, Portnoy exited that scene to move to Miami Beach, FL. He continued to do consulting work, and his business-oriented mind and confidence attracted the likes of younger people looking for guidance, regardless of the end goal.

"I got involved at 58 years of age, as a result of being asked to help a young, aspiring competitor with

some training," Portnoy recalls. "In the process of doing that with him, I discovered a strong interest in this for myself."

Since that first encounter, Portnoy's life underwent a major overhaul: It was all or nothing. First came the diet. Portnoy keeps it as clean as possible—with the exception of his nightly glass of wine. "I wouldn't give up my red wine for anything," he says.

"I continue to eat consistently clean as a lifestyle, and I don't miss eating anything," says Portnoy. "It's chicken, vegetables, and the

appropriate carbs."

As for training, Portnoy adheres to a classic split of chest, back, legs, and then shoulders. He works abs and arms every day (C.T. Fletcher-style!), giving his arms a break on leg day.

Portnoy coupled his love for mentoring with fitness to start his own talent agency: CR2 Talent. The team is small, with a cap of 20 clients.

"My approach was to have a small team of men and women athletes, the best of the best," explains Portnoy. "My background is in brand marketing, and I bring that expertise to training and nurturing these kids into being able to make this a profession—a sustainable career."

In addition to CR2 Talent, Portnoy also operates a Facebook page titled "Fit Guys Over 50," with the hopes of inspiring the older crowd.

"I'm an average guy," says Portnoy. "You have to be willing to give a certain level of commitment and not be frightened of the fact that it takes effort to convert yourself...the process is not that complicated, but many people when they get to a certain age have convinced themselves that it's too hard."

PORTNOY'S ARM WORKOUT

EXERCISE	SETS	REPS	REST
Cable Curl superset with Triceps Pushdown	4*	8	60 sec.
EZ-bar Curl superset with Skull Crusher	4	21	60 sec.
Preacher Curl superset with Overhead Cable Extension	4	12	60 sec.
Hammer Curl superset with Dumbbell Kickback	4**	12	60 sec.
High Cable Curl superset with Underhand-grip Pushdown	4	20	60 sec.

*Pyramid up in weight after each set.

**Add five pounds after every set.



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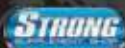


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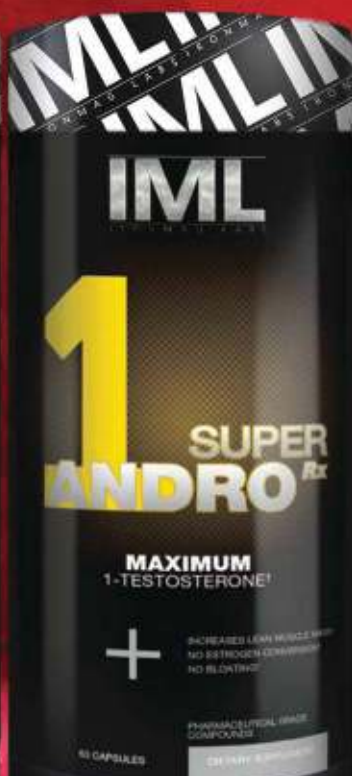
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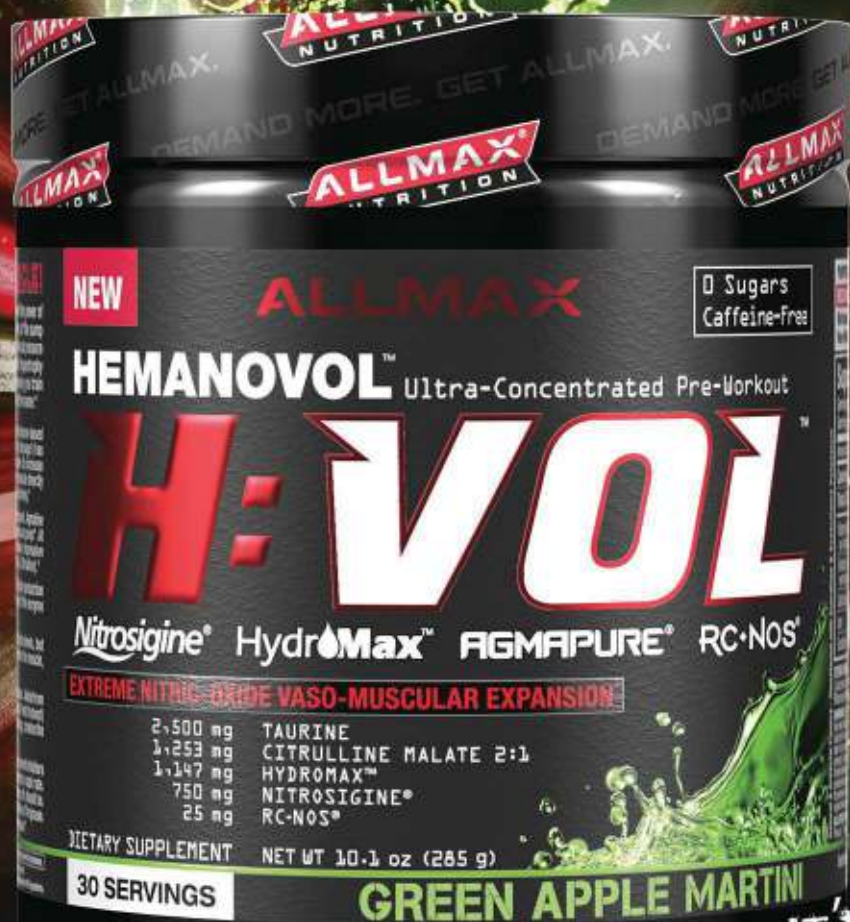


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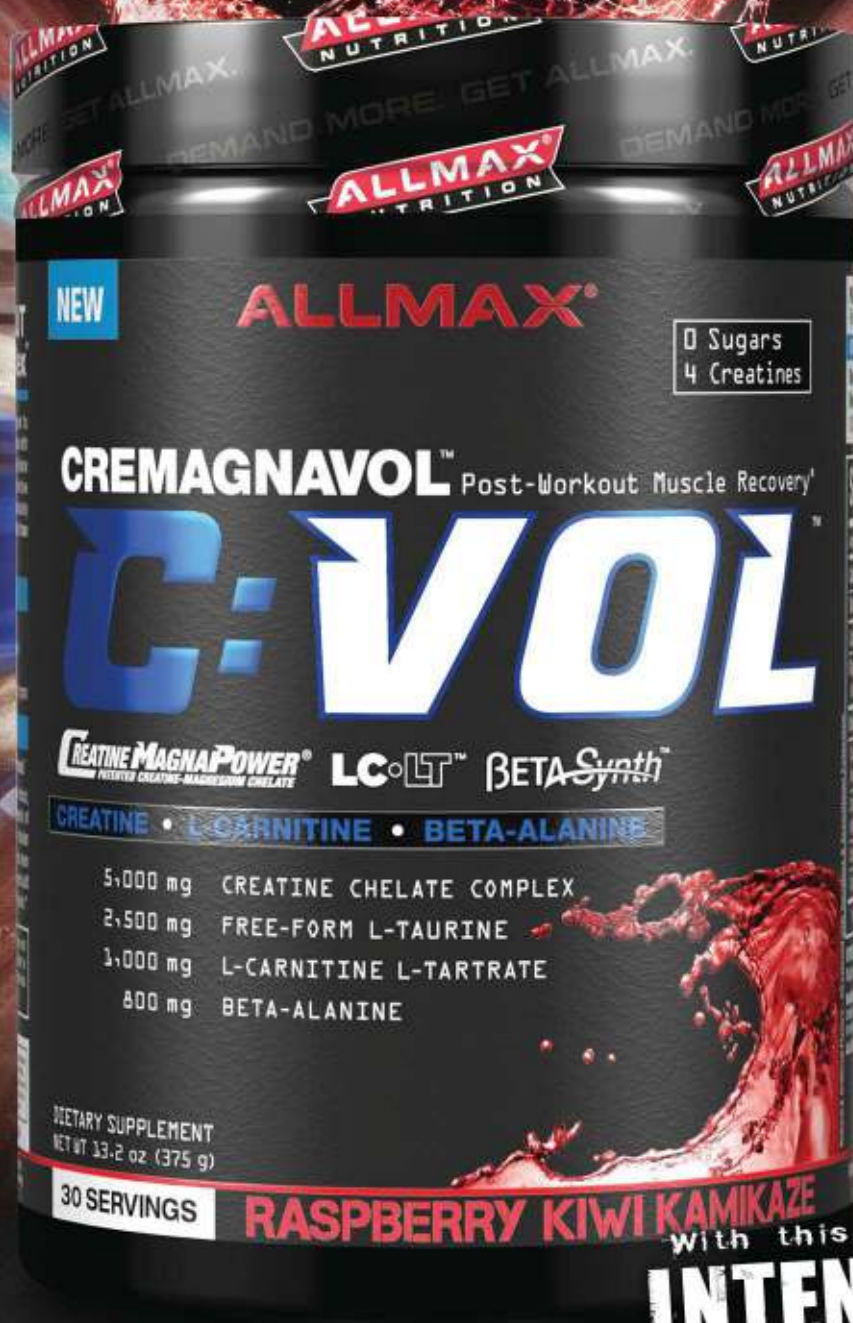
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PAGE

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How to utilize half reps
for maximum gains.



LIFT

TRAINING TIPS TO POWER UP YOUR WORKOUTS

The right split for you.
PAGE 78

Turn your calves into
cows with this tip.
PAGE 80

Make every second
count in the gym.
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Ahmad Haidar's sym-
metrical shoulders.
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Casey Williams trains
for the Arnold.
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Y3T—the training sys-
tem of the pros—and
how you can use it.
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Hany Rambod's six
intensity tricks to
keep you growing.
PAGE 92

THE BEST ROUTINE

SHOULD YOU SPLIT UP YOUR BODY PARTS OR DO THEM ALL IN ONE WORKOUT?

OPENING ARGUMENTS

■ Bodybuilders customarily train with "split" routines. Split refers to dividing body parts into muscle groups to be trained on separate days. This is in contrast with full-body routines, which, as the name implies, dictate that all muscle groups be trained together during the same workout.

Defense

Split routines produce good gains in size and are used by nearly all competitive bodybuilders. They allow for adequate volume to be used as well as adequate recovery time to avoid overtraining.

Prosecution

Full-body routines allow greater frequency of training each muscle group for more growth stimulus. Volume can be adjusted to match the same total volume per week as with a split routine.

EVIDENCE

An eight-week study compared the effects of training muscle groups one day per week using a split-body routine versus three days using a total-body routine in well-trained men. The split routine hit two to three muscle groups performing two to three exercises with two to three sets per workout. The total-body routine hit all muscle groups with one exercise for two to three sets per workout. Both routines consisted of three weekly sessions done on nonconsecutive days for eight weeks. All subjects performed 18 sets total per session. Each set had eight to 12 reps with 90 seconds of rest between sets.

VERDICT

Subjects using the total-body routine experienced significantly greater muscle hypertrophy. Muscle protein remained elevated approximately 48 hours after workouts. Thus, training a muscle group every 48 hours would keep muscle protein synthesis elevated for longer.



SENTENCING

■ When reps are higher, use a full-body routine. As weight loads increase and reps drop, move to a split routine to allow greater volume per muscle group and adequate time for strength to recover.



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An innovative formula that includes a powerful dose of caffeine anhydrous for extreme energy, plus the scientifically tested key weight loss ingredient *C. canephora robusta*.

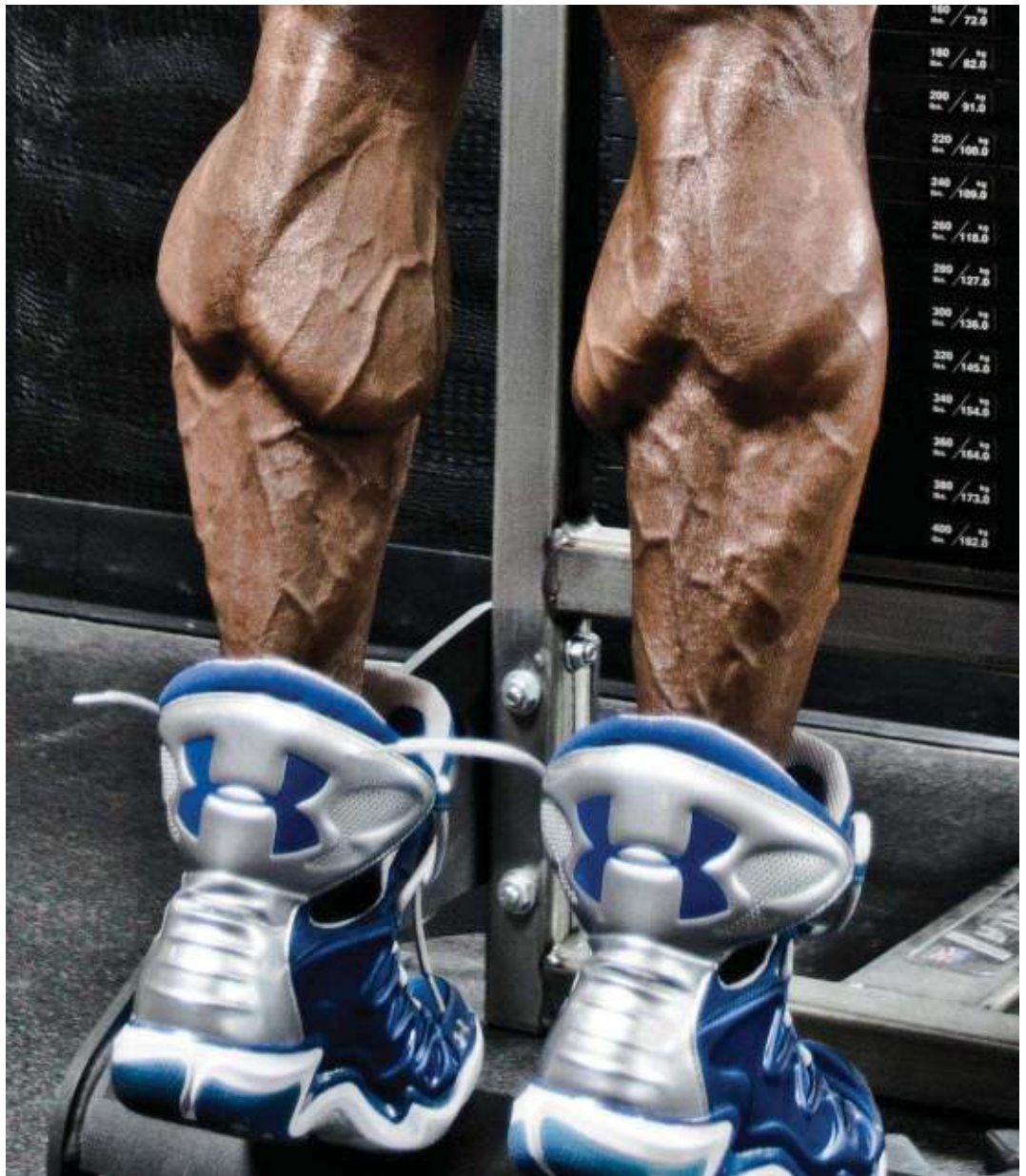
ALL-OUT CALVES

POINT YOUR TOES IN TO HIT THOSE STUBBORN OUTER CALVES

■ Bodybuilding requires full development of each muscle group. For lower legs, that means equal development of the gastrocnemius, or calf. The gastrocnemius has two heads, the medial (inner) head and the lateral (outer) head. For many, the real challenge is the outer head. Research done at Armstrong Atlantic State University has shown that turning your toes inward when doing standing calf raises shifts the emphasis to the outer head. Yes, it sounds a little confusing, but it's the way to go for outer calves. Also, seated calf raises place greater emphasis on the soleus, which lies underneath the gastrocnemius.

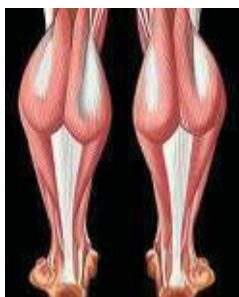
ALTERNATIVES

Calf raises on leg press (hip sled), toes turned in.



WHEN TO TURN 'EM IN

Begin calf workouts with toes turned inward while your calves are fresh, then finish with a few sets with your toes straight.



FORM AND FUNCTION

■ The gastrocnemius traverses two joints, the knee and the ankle. The inner head originates at the inner condyle of the femur. The outer head originates at the outer condyle of the femur. Both heads converge at the calcaneal tendon, or Achilles tendon as it is more commonly known, which attaches to the heel.

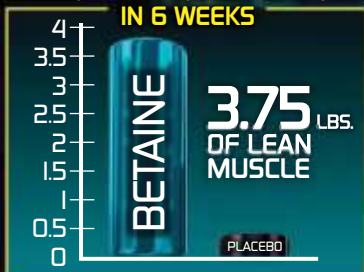
ALL-OUT CALF WORKOUT

EXERCISE	SETS	REPS
Standing Calf Raise on Machine (toes in)	3	20-25
Standing Calf Raise on Machine (toes straight)	3	12-15
Seated Calf Raise (toes in)	3	20-25
Seated Calf Raise (toes straight)	3	12-15

SUPERIOR AMINOS SUPERIOR TASTE



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Study subjects put on 3.75 lbs. of lean muscle in 6 weeks in leading university research published in the *Journal of the International Society of Sports Nutrition*.

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QUALITY TIME

**TIME UNDER TENSION IS CRITICAL FOR GROWTH.
JUST MAKE SURE YOU'RE GETTING THE MOST OUT OF IT.**

HYPOTHESIS

■ Time under tension (TUT) is the total amount of time the muscle spends contracting against resistance. The principle of TUT does not differentiate among concentric contractions, isometric contractions, or eccentric contractions. During a traditional set, some time will be spent in all three conditions. How much time depends on the specific repetition cadence that is used.

FINDINGS

■ Both muscle activation and blood lactate concentrations were higher in the fast protocol when compared with the slow protocol.

RESEARCH

■ Researchers from Brazil and the U.S. performed a study with 22 male subjects with previous training experience. The subjects performed two training protocols (slow and fast) on the Smith machine bench press. Both protocols included three sets, three minutes of rest, and 60% of one-rep maximum (1RM). The slow protocol consisted of six reps with a six-second rep duration, whereas in the fast protocol the subjects performed 12 reps with a three-second rep duration. Muscular activation and blood lactate concentrations were measured during and until 12 minutes after the last set.

CONCLUSION

■ Time under tension being equal between two protocols, faster rep speeds result in higher muscle activation and blood lactate levels.

APPLICATION

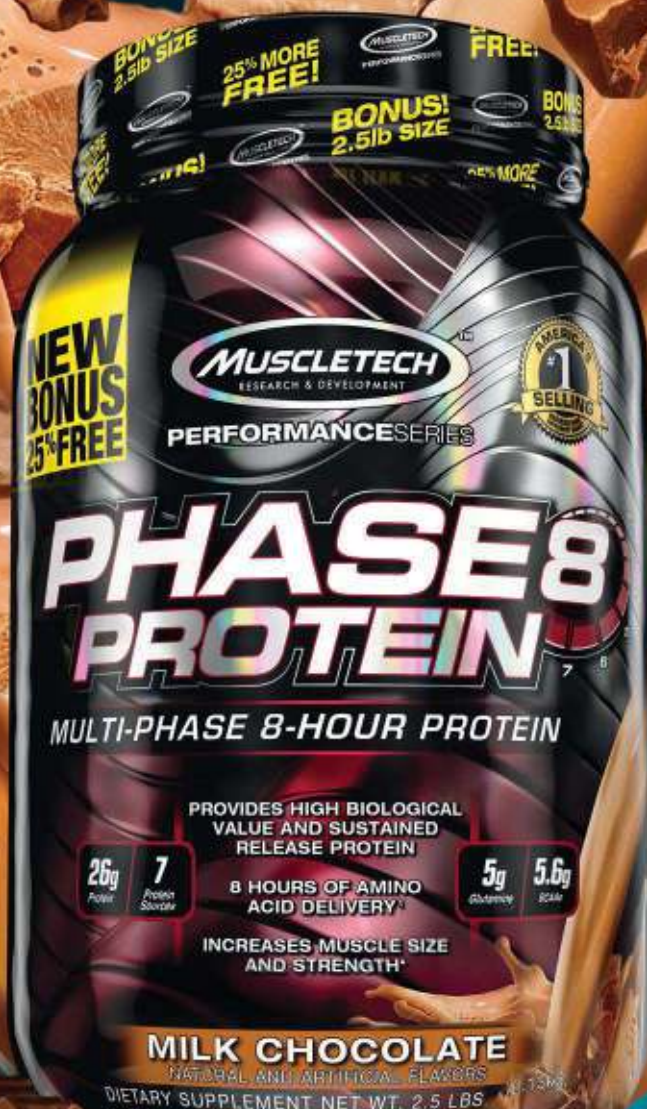
■ When planning your rep cadence for your workout, there is no need to perform your reps slower than three seconds. A one-second up, one-second down scheme works, as does a one-second up, two-seconds down scheme. The important thing is to adequately activate the target muscle while generating as much metabolic stress as you can to produce a good anabolic stimulus.

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HAIDAR ON
SHOULDER
TRAINING

"I train shoulders before either triceps or biceps. I work traps after back."

"If I do 8 to 10 reps and don't feel my muscles burning, it's time to add more weight."

"Lower the dumbbells slowly when doing laterals. It makes a big difference."

"I used to do more volume, but I learned to focus on the four shoulder exercises that work best for me."

FLEX
FACT

■ When he was second in the 2005 New York Pro, Haidar beat two men, Victor Martinez and Kai Greene, who have collectively finished second in the Olympia four times.

AHMAD HAIDAR

STELLAR SHOULDERS CAPPED OFF THIS LEBANESE CHAMP'S CLASSICALLY SCULPTED PHYSIQUE

■ Ahmad Haidar could be a paradigm for the new classic physique division. In his 30 pro contests over 11 years (1998-2009), the Lebanese muscleman almost always presented the most proportionate physique in the contest. At 5'7" and 215, he never had enough muscle to shock, but he always presented stellar lines and proportionate development. After winning the 1997 IFBB World Amateur Championships, he earned zero pro titles, but he was second twice (most impressively at the 2005 New York Pro), and he flexed in four Olympias.

To construct a classic physique, the two areas of greatest importance are abdominals and shoulders. A decade ago, no bodybuilder was more celebrated for his superb midsection than Haidar. Too often his abs were all you learned about.

Let's give some love to his delts. They didn't wow anyone with an abundance of flesh or grainy, veiny detailing, but they were perfect for his physique, capping off his clavicles and accentuating his V-taper and classic lines.

HAIDAR'S
SHOULDER
ROUTINE

EXERCISE	SETS	REPS
Hammer Strength Military Press	4-5	8-10
Dumbbell Lateral Raise	4	8-10
Seated Dumbbell Press	4	8-10
Dumbbell Rear Lateral Raise	4	8-10

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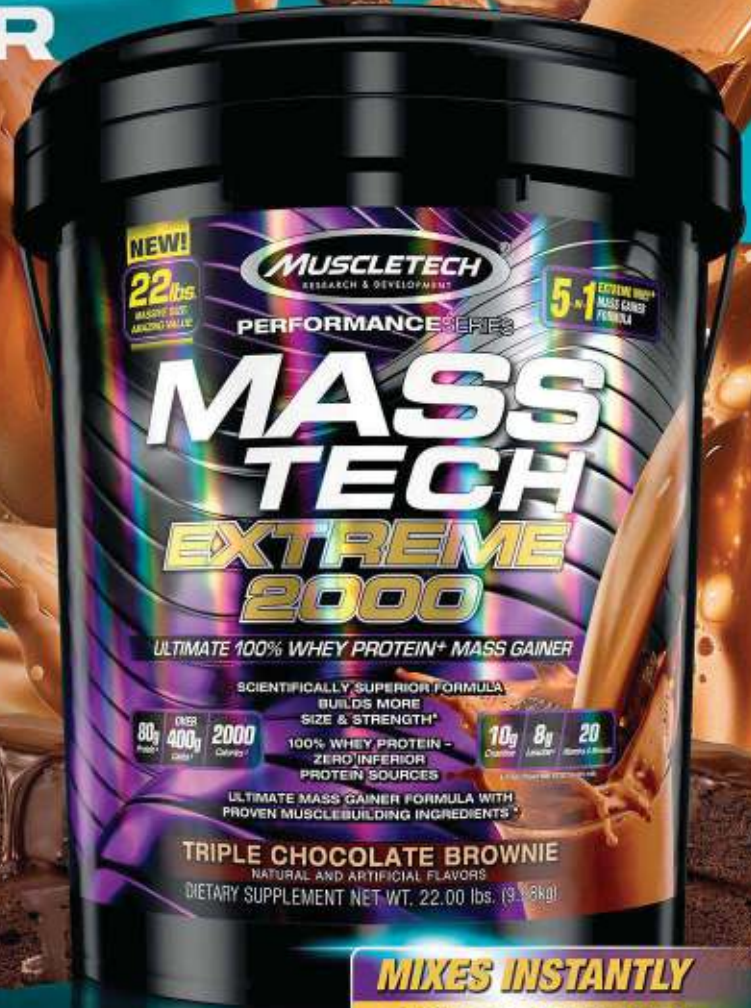
MuscleTech® MASS-TECH® EXTREME 2000 is the ultimate 100% whey protein mass gainer. A super-charged 5-in-1 formula for the extreme mass gainer, featuring 80g of quality protein, 400g of carbs and 2,000 mass-producing calories (when mixed with 16 oz. of skim milk), MASS-TECH® EXTREME 2000 has everything you need to bulk up, pack on muscle and smash through strength plateaus. It also delivers 20 vitamins and minerals for a fully complete formula.

BASED ON RESEARCH AT A LEADING AMERICAN UNIVERSITY

TEST SUBJECTS RAPIDLY ADDED MASS!*



In an 8-week study, subjects consuming a high-protein diet containing approximately 2,300 calories and performing a weightlifting program added 2,000 calories (the same amount found in one serving of MASS-TECH® EXTREME 2000 plus 16 oz. of skim milk) to their regimen. The results were examined and, on average, subjects gained 6.8 lbs. of mass while control subjects gained 1.3 lbs.



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TASTES AMAZING**

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80c WHEY PROTEIN

Delivers a whopping 80g of premium protein power per serving (when mixed with 16 oz. of skim milk). Compared with other gainers, MASS-TECH® EXTREME 2000 packs more protein to fuel your gains.

8c ANABOLIC LEUCINE

Delivers an 8g dose of musclebuilding L-leucine (when mixed with 16 oz. of skim milk). L-leucine was shown in a clinical study to help subjects increase their 5-rep max strength by over 40% in just 12 weeks.

10c MUSCLEBUILDING CREATINE

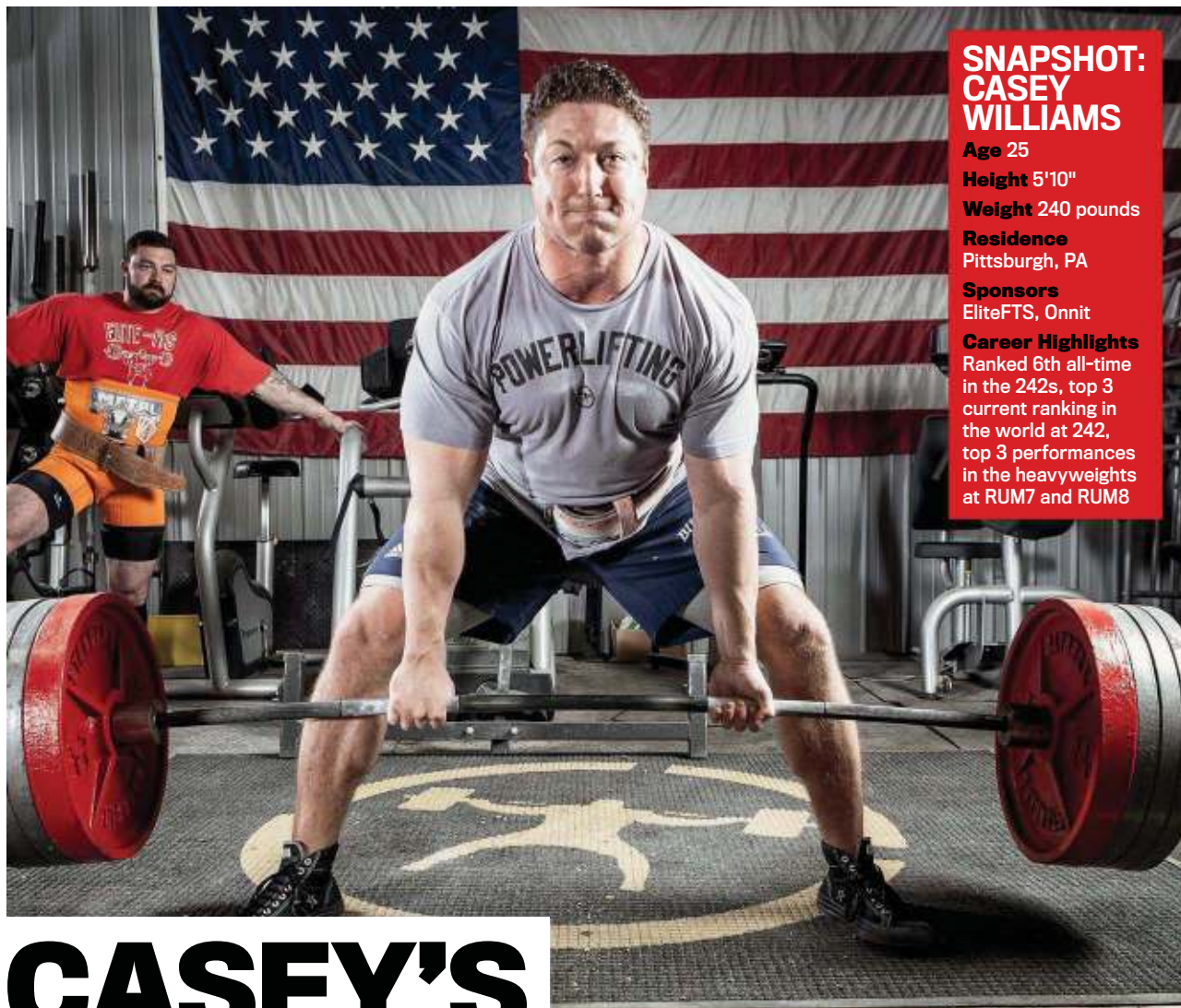
Contains a clinically validated 10g dose of creatine that helps increase strength and regenerate ATP stores that are reduced during resistance training.

2,000 CALORIES

In a university study, subjects adding 2,000 calories (the amount found in 1 serving of MASS-TECH® EXTREME 2000 mixed with 16 oz. of skim milk) along with a high-protein diet and weightlifting program gained an average of 6.8 lbs. of mass.

400c MULTI-PHASE CARB COMPLEX

When mixed with 16 oz. of skim milk, the multi-phase carb complex in MASS-TECH® EXTREME 2000 spikes insulin levels and promotes muscle glycogen replenishment.

**SNAPSHOT:
CASEY
WILLIAMS****Age** 25**Height** 5'10"**Weight** 240 pounds**Residence**
Pittsburgh, PA**Sponsors**
EliteFTS, Onnit**Career Highlights**Ranked 6th all-time
in the 242s, top 3
current ranking in
the world at 242,
top 3 performances
in the heavyweights
at RUM7 and RUM8

CASEY'S REDEMPTION

**PRO POWERLIFTER CASEY WILLIAMS POWERS
BACK FROM INJURY FOR THE ARNOLD**

■ Casey Williams was on top of the world. The 28-year-old Bucknell University graduate and ex-college football player turned powerlifter had the best meet of his life, totaling 2,088 pounds with an 810-pound squat, a 540-pound bench press, and a 738-pound deadlift at RUM8 in Port St. Lucie, FL, one of the most competitive powerlifting meets around.

However, following the meet in early February 2015, things quickly took a turn.

"Last year was extremely frustrating," Williams recalls. "I was go-

ing to compete again in August, then March, for the 2016 Arnold, but I got hurt training for my August meet."

Williams injured his hamstring, sidelining him for six weeks.

Now the current third-ranked powerlifter at 242 pounds is ready for redemption as he makes his debut at this year's Arnold Sports Festival in Columbus, OH.

"For this cycle, I went back to a conjugate split: an upper/lower heavy day and an upper/lower dynamic day. I have done that in the past. I did it my own way, now I'm going back to a traditional template."

Williams works in variations of the main lifts (squat, deadlift, and bench) with box squats, floor presses, or deficit deadlifts to strengthen different weak points. Yet he makes sure not to ignore other accessory lifts.

"I'll do my main movement, then one heavy assistance movement, then after that it's all relatively light," he explains. "It helps [keep me] healthy and induces hypertrophy. Everyone wants to separate powerlifting and bodybuilding, but they're not that far apart."

Williams' goals for 2016 extend beyond the Arnold Sports Festival: "After the Arnold, a few of the guys talked about competing in the GPC [Global Powerlifting Committee] Worlds. If you win the GCP Worlds, you're a world champion, so it'd be nice to have that title."

Designed for the serious athlete, Orange Triad delivers! Serious athletes are unique in that they intentionally subject their bodies to incredible amounts of stress with training and cardio. Over time, muscles, tendons, and ligaments take longer to recover, which means you can't train them as often as you would like. Nutritional support is key to getting optimal results from your training. Orange Triad combines key vitamins, minerals, and nutrients for supporting optimal digestion, immune system, and joint health into one "twice daily" dietary supplement. The Joint and Flex Complexes help lubricate joints and cartilage as well as increase the resiliency of connective tissue, while the Digestion and Immune Complex includes digestive aids, and nutrient partitioning agents to take your performance to the next level.



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NEIL “YODA” HILL

Trainer Neil Hill puts his most famous client and longtime friend, Flex Lewis, through the paces.

GET YOKED

BUILD MASS, LOSE FAT, AND GET CRAZY STRONG WITH THE Y3T TRAINING METHOD

■ Y3T (Yoda 3 Training) is the brand name of my training method, which incorporates a three-week structure based on utilizing low, medium, and high reps with varying training volumes and rep tempos to target all muscle-fiber types. Other people put

the “Yoda” tag there. The ideology of Y3T has grown from more than 2½ decades of testing methods with a wide selection of athletes, including four-time Olympia 212 Showdown winner Flex Lewis and IFBB pro William Bonac.

Most programs cater to just one or two fiber types, essentially failing to target more than 50% of your overall muscle fiber mass and, as a result, missing out on huge growth potential. Y3T targets Type 1 slow-twitch fibers, Type 2a medium-twitch, and Type 2b fast-twitch. Y3T’s focus is breaking down muscle fibers, increasing blood flow to muscles while not actually putting the connective tissues under as much stress as other programs.

PER BERNAL

YODA SAYS:

WEEK 1

Use compound movements in low-rep ranges to maximize high-threshold motor-unit stimulation and fast-twitch fiber involvement.

WEEK 2

Use compound and isolation movements in moderate rep ranges. There's involvement from fast- and slow-twitch muscle fibers, and the blood flushing helps stretch fascia, creating a lot of tension.

WEEK 3

Use both compound and isolation movements once again. Straight high-rep sets, supersets, dropsets, and giant sets can be used to help break the target muscle down in a multifaceted way. The approach used depends on the muscle group and lifter.

THE DURATION

I recommend a 12-week training cycle with my Y3T protocol. You'll complete four rotations of the same three-week training cycle. You can use Y3T forever if your primary objective is to build more muscle, burn fat, improve performance, and stay injury-free. Rather than another training technique to try short term, Y3T is a fully comprehensive, three-dimensional overview of how to train correctly for optimal body-composition changes. After every 12-week cycle, change

the exercises for Weeks 1 to 3 and complete another 12-week block.

I rotate the three-week training cycle four times to ensure perfect form and establish a mind-muscle connection with each exercise. The neuro-connection between the mind and muscle is essential to maximizing hypertrophy because it's through the central nervous system that the body recruits muscle fibers. The better the connection, the more fibers you should be able to recruit and in turn see better results.

A PROPORTIONAL PHYSIQUE

Many bodybuilders have concerns about lagging body parts and look for ways to build size on specific muscle groups. Y3T includes crossover between muscle groups and allows for additional stimulation throughout the week. For instance, anterior deltoids will become stimulated on chest day by default.

However, if someone still feels they are lagging in certain areas, then I introduce additional stimulation work four to five days after he or she trained the muscle. It's less intense than the primary workout, with more focus on just flushing the muscle with blood. For instance, if you think you have lagging shoulders, do six to seven sets, with 60 seconds between each set, after training your back.

WHAT ABOUT CARDIO?

Your cardio needs will depend on your goals, body type, gender, and age. I advocate of keeping some degree of low-impact, steady-state cardio in the plan year-round with most athletes for the health benefits. Improved digestion, cardiac health, and blood flow to the muscles help keep you fresh.

THE RESULTS

Y3T is the ultimate recipe for positive changes in overall body composition. With the varied rep ranges, you are targeting both myofibrillar and sarcoplasmic hypertrophy and taxing all the energy systems to maximize fat loss. It's about understanding physiology properly and then creating a training protocol, which manipulates this to achieve maximal results.

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Y3T LIKE A PRO

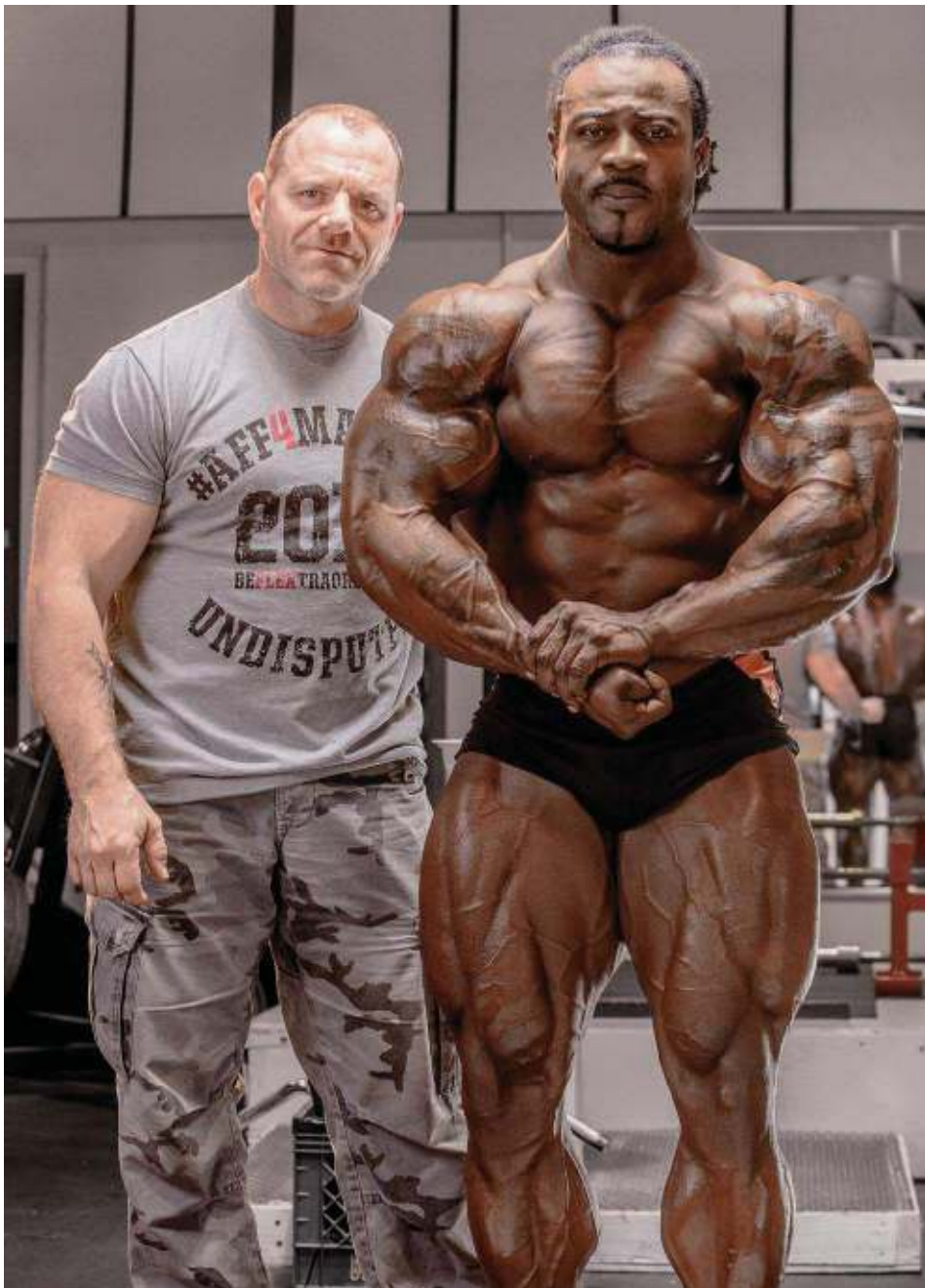
How four-time Olympia 212 Show-down champ Flex Lewis and IFBB pro William Bonac use Y3T to their advantage

FLEX LEWIS

Flex is very responsive to a training environment in which there's a lot of iso-tension, which means Week 2 is potentially his sweet spot. However, you cannot train in one range all the time because you will stagnate and miss out on growth potential. With that said, Flex follows a Y3T cycle as follows: Week 1, Week 2, Week 2, Week 3, and repeat. The extra Week 2 really enables Flex to benefit from the tension those workouts bring.

► WILLIAM BONAC

William is highly responsive to lower-rep work, with a natural tendency to be extremely strong with great control. William follows a Y3T cycle as follows: Week 1, Week 1, Week 2, Week 3, and repeat. The extra Week 1 really complements William's muscle-fiber makeup, and as you've seen with his dramatic level of growth during the past 18 months, it has worked very well.



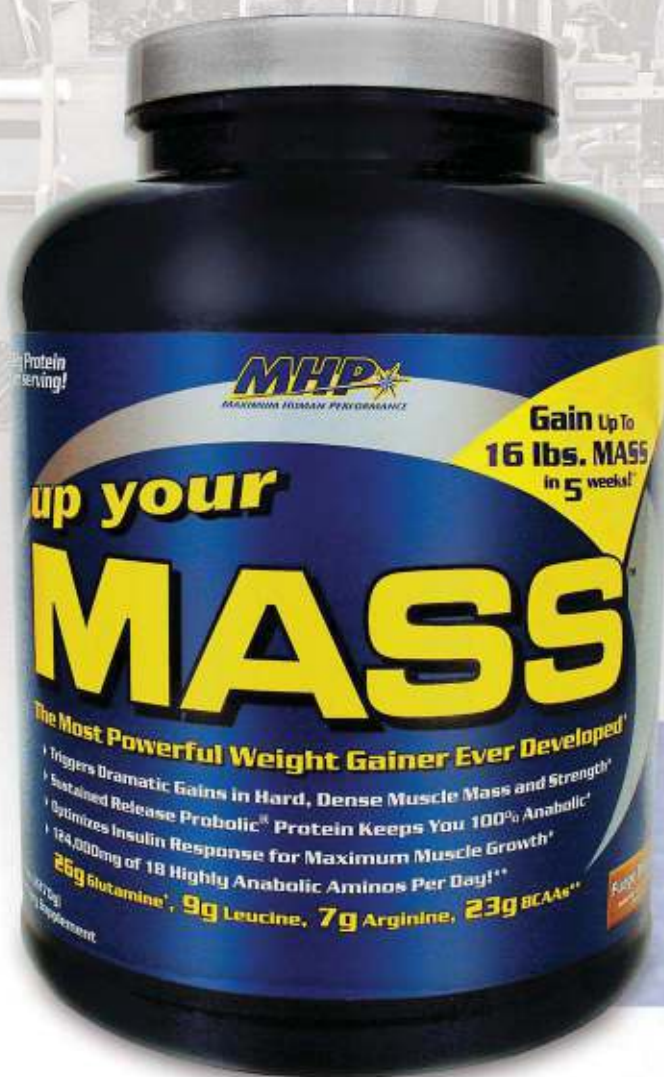
Y3T: HOW IT WORKS

	WEEK 1	WEEK 2	WEEK 3
Training Days Per Week	4-6	4-6	4-6
Exercises Per Workout	3-5	3-5	2-5
Sets Per Exercise	3-5	3-4	1-3
Reps Per Set	6-12	14-20	20-80
Rest	90 sec.	90-120 sec.	20-150 sec.
Tempo	4-sec. negative	3-sec. negative	2-sec. negative

A DAY OF Y3T: WEEK 1, DAY 1

EXERCISE	SETS	REPS	REST
Squat	5	8-10	90 sec.
Leg Press	4	8-10	90 sec.
Hack Squat	3	10-12	90 sec.
Lying Leg Curl	5	8-10	90 sec.

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*Based on 1 Serving with 16 oz. whole milk. **Based on Fudge Brownie flavor.

CRANK IT UP

WHETHER YOU'RE AN AMATEUR OR PRO BODYBUILDER, THESE SIX TRAINING TECHNIQUES WILL HELP YOU CARVE YOUR DREAM PHYSIQUE FAST

■ Anyone who has been training for more than a year knows that at some point muscle gains will start to slow, and in some cases, stop. It's not necessarily that you're doing anything wrong, it's just that your body is adapting to training; in other words, it's getting used to it. This is when you need to change things up to keep your body guessing. My preferred method is to increase workout intensity. I utilize six intensity multipliers to help break plateaus and spur muscle growth.

The biggest difference between how my amateur and pro clients use these multipliers is how many they employ in one workout. An amateur might use one of these techniques in a workout, but pros use several techniques in a workout, such as partials, negative reps, and flexing. For the average bodybuilder, I recommend using one multiplier per workout. Over the course of time, incorporate all six of these intensity multipliers in your training to make gains like a pro.

1 NEGATIVE REPS

You are stronger in lowering a weight (eccentric) than you are in lifting it (concentric). Your spotter will help you do the positive portion while you do the brunt of the work on the negative portion. For amateurs, I do a full set of negatives while they're still fresh. Pros do negatives for 3-5 reps at the end of the last set.

2 PARTIAL REPS

You can keep the set going and target a specific part of the muscle. For example, a half cable curl targets the peak of the biceps. Do three to five partial reps during the last one to two working sets of an exercise.

3 PAUSES

A two-second pause at the midpoint of the rep minimizes momentum, maximizes time under tension at full contraction, and recruits more muscle fibers. Do pauses for the last two to four reps of the last exercise.



Rambod uses several intensity techniques to ensure that Phil Heath keeps his gains on track.

4 SUPERSETS

These are done by performing one exercise followed immediately by another exercise with little to no rest in-between. For the second exercise, I encourage targeting the same body part from a different angle and training to failure. Dumbbell flyes and pushups are an FST-7 superset that I like.

5 DROPSETS

By reducing the weight after reaching failure, you can get additional reps and extend the set.

Generally, it's a 25-30% reduction for each dropset.

6 INTRA-WORKOUT FLEXING

Flex for 15-20 seconds during FST-7 sets or the last set of an exercise. For chest and shoulders, do a most muscular or side chest pose; a front double biceps for arms; for legs, stand in the front relaxed pose and put pressure on the outer part of your foot. For back, a back double biceps pose; for abs an abdominal and thigh pose.

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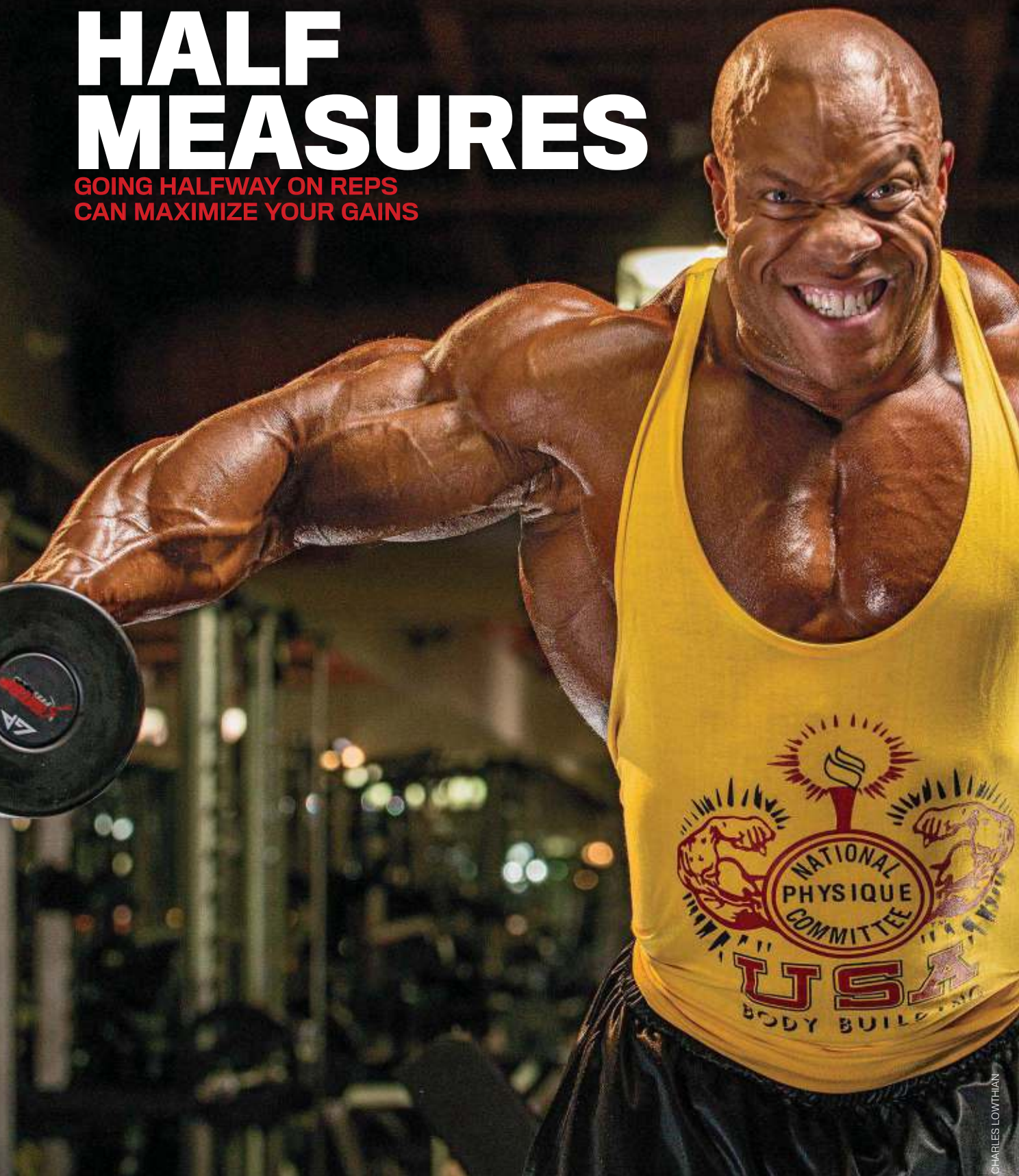
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HALF MEASURES

GOING HALFWAY ON REPS
CAN MAXIMIZE YOUR GAINS



CHARLES LOWTHIAN



Phil Heath focuses on the crucial upper half of side lateral reps for his medial deltoids.

■ Sometimes halfway is the best way. Most bodybuilding training advice prescribes full ranges of motion, and generally this is the best strategy. However, if done correctly, limiting your range of motion (ROM) can focus more tension on the targeted body part. We're not speaking here about partial reps done after reaching failure with full reps, though those too can be very effective. Our focus this month is on sets that consist of only half reps or those that start with half reps but end with full reps. This kind of "half-stepping" can make sets both harder and more effective.

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Leg extensions are good candidates for half reps and 21s.

HALF-STEPPING

The reason to do half reps is to focus more on a specific part of an exercise's range of motion. Sometimes this is done with compound lifts to increase your strength during a sticking point. For example, powerlifters may work on only the top halves of bench presses in order to get stronger lockouts—the area where many bench presses fail. Bodybuilders can do the same thing in order to target their triceps, which are the prime movers during lockouts (pectorals play a greater role during the bottom halves of reps). Because multiple muscles are stimulated during a compound lift, it's crucial to select the right segment of such an exercise to work the targeted area. For example, top deadlifts eliminate most lower-body movement and thus focus more on the back and traps than full deadlifts.

You can also do half reps during some isolation exercises. Select a lift with a long ROM. Shrugs, for example, would be a poor choice because their ROM is short. By contrast, leg curls have a long ROM. You also need to be aware of when the muscle is most engaged. You might assume this is always during the top halves of reps when the muscle maximally contracts, but sometimes it's during the bottom halves when the muscle stretches. For example, the biceps are most engaged during the lower halves of preacher curls. Therefore, doing only the top halves would be inefficient.

HALF-REP ARM ROUTINE

EXERCISE	SETS	REPS
Pushdown 21s	4	21*
Overhead Extension 21s	4	21*
Bench-press Lockouts**	4	10
Barbell Curl 21s	4	21*
Preacher Curl Half Reps***	4	10
Dumbbell Curl 21s	4	21*

*7 reps from bottom to halfway, 7 reps from halfway to top, 7 full reps.

**Perform in a power rack. Go halfway down on each rep.

***Go from the bottom to halfway up.

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HALF-REP BASICS

Select compound exercises that allow you to focus on specific muscles over a limited ROM, such as triceps, during the lockouts of bench presses.

Select isolation exercises that have a long ROM, such as biceps curls.

Combining half reps with full reps in the same set allows you to better target muscles and expand your time under tension.

21s can be done with many more exercises than curls, and they don't have to total 21 reps.

HALF-REP TIP SHEET

We've designed an arm routine of only half reps to illustrate what can be done. Generally, only one exercise per body part should feature half reps.

For safety and to assure you hit the precise depth, use a power rack when doing half reps of chest presses or deadlifts.

To better target half reps of compound exercises, do them after isolation exercises for that muscle.

Slow down your half reps.

HALVES AND WHOLE

Reps of varying lengths can be combined within a set. The best-known way of achieving this is via 21-curls, which consist of seven reps from the bottom to halfway, seven reps from halfway to the top, and seven full reps. Numerology aside, there's nothing magical about either 21 or seven. You could accomplish the same with subsets of six or eight or similar amounts. Also, 21s are not exclusive to biceps routines. They work with other long-range-of-motion isolation exercises. Triceps pushdowns, leg extensions, leg curls, and pec-deck flyes are among the best candidates for 21s.

Instead of doing both halves plus full reps, you can do half reps followed by whole reps or alternate half reps with whole reps. For example, do leg extensions for eight top-half reps in succession, followed, without rest, by six full reps. You can also alternate slow half reps with fast full reps throughout a set. Partial reps can feel easier after complete reps, and vice versa, breaking up the monotony of a standard set. Ideally, the halves and wholes will complement each other, allowing you to keep the muscles under tension longer than you could with only straight reps.



NOT HALF BAD

The key to successfully using half reps is to make certain they apply more stress on the targeted area, not less. Often, bodybuilders limit their range of motion in order to hoist more metal. Invariably, anyone doing this focuses more on

the easiest portion of reps (such as the shallow top of leg presses or the bouncy bottom of incline presses) and skips the hardest segment entirely. Utilize half reps to make your sets harder and more efficient, not easier and less effective.

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*Pasiakos, S.M., et al. "Leucine-enriched essential amino acid supplementation during moderate steady state exercise enhances postexercise muscle protein synthesis." 2011, AJCN, 94, 809-818.

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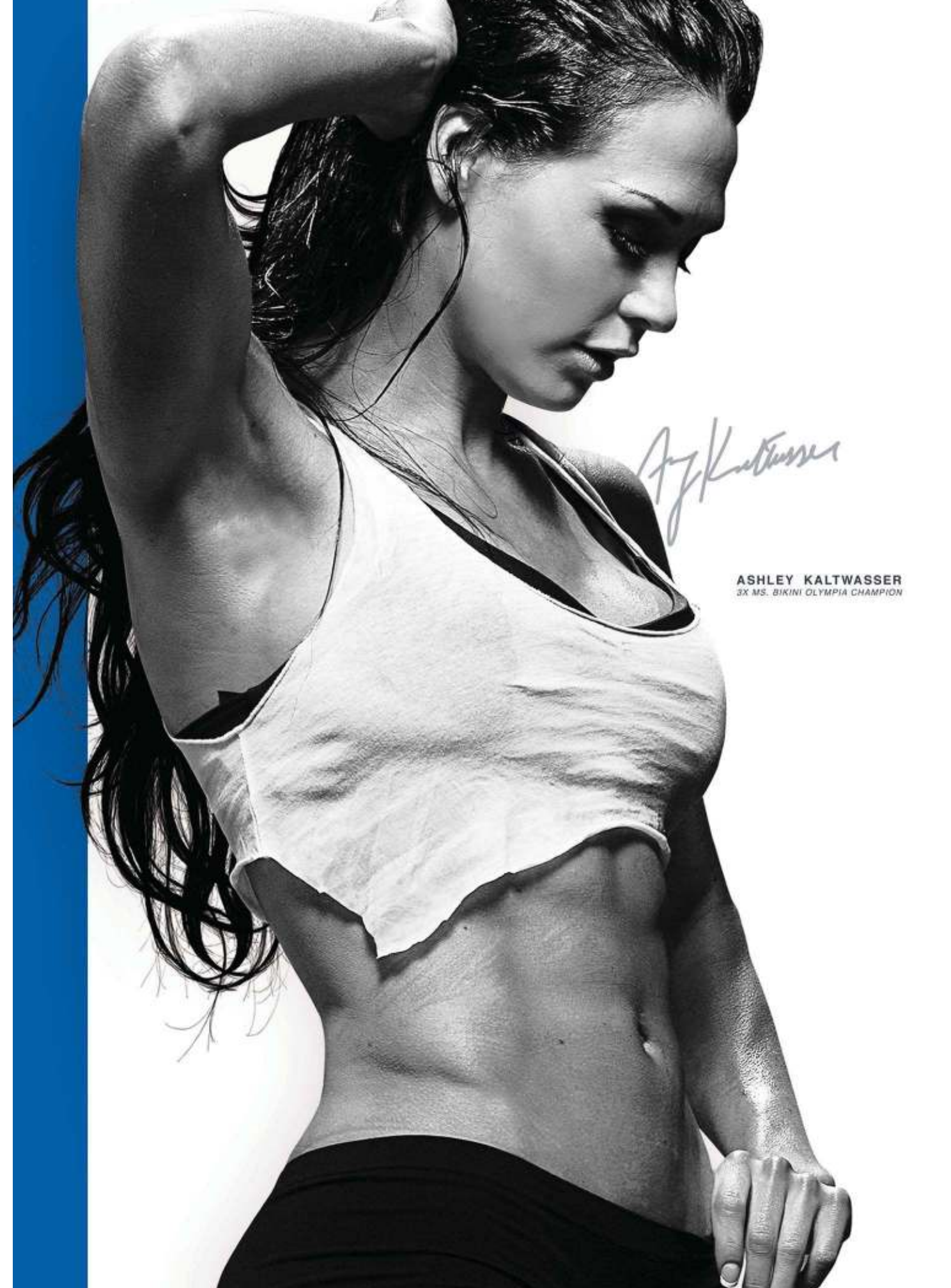
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PAGE

106

The verdict is in: Adding greens to your diet is good for your overall health and bodybuilding goals.



FOOD & SUPPS

NUTRITION TIPS TO FUEL TRAINING AND GROWTH

Check out this tasty take on a staple bodybuilding muscle meal. This isn't your dad's boring chicken and rice dish.

PAGE 108

Ah, the good old burger. Here's how you can enjoy this all-American treat without compromising your goals.

PAGE 110

What do you do if you can't stomach regular milk? Try these top-notch alternatives that are easy on your tummy.

PAGE 112

Get everything you need to power up workouts and speed recovery with these new supersupps.

PAGE 114

GREEN... GOOD!


CHOOSE THESE FORGOTTEN GREENS TO BOOST VITAMINS AND MINERALS

■ Greens are an excellent source of powerful nutrients, and this month we look at the beet, mustard, and turnip varieties.

"Just one cup of mustard greens provides 65% of your recommended daily allowance of vitamin C, which aids tissue health and repair," says Torey Armul, R.D.N., C.S.S.D., registered dietitian and spokesperson for the Academy of Nutrition and Dietetics. It also exceeds by three times your daily vitamin K needs; this vitamin is essential for blood clotting and helps keep our inflammatory system in fighting shape. A 2008 study in *Nutrition Research* showed that steamed mustard greens could also be an essential tool in helping lower overall cholesterol.

Two cups of beet greens have more than 8 grams of fiber, which helps increase satiety, decrease hunger, and manage weight and are a surprisingly good source of protein, with almost 8 grams in the same two cups. Beet greens also have high amounts of calcium, essential for hormone secretion and bone health, and magnesium, needed for protein synthesis and muscle function.

"Turnip greens are a fantastic source of the antioxidant vitamin A, the key nutrient in eye health," says Armul. These greens are also tops in calcium content, with more than four times the amount in cruciferous vegetables and almost 17% more than beet greens pack. Turnip greens feature large amounts of phytonutrients—which all greens have—that may help lower our risk of developing cancer.



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▲ BEET GREENS

Boil for 1 minute in a large pot without covering. Pour into a colander and press out the leftover liquid with a fork.

MUSTARD GREENS

Rinse and place leaves in saucepan over low heat. Cover and steam for 5 minutes. Put in a colander and press out liquid with a fork.

TURNIP GREENS

Rinse under cold water and chop. Let sit for 5 minutes, and then squeeze a lemon half over them. Steam for 5 minutes.



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CHICKEN

WITH RICE, PORCINI MUSHROOMS,
AND SWISS CHARD

SERVES 2

INGREDIENTS

1 tbsp extra-virgin olive oil
12 oz skinless, boneless chicken breast, cut into 1-inch cubes
1 medium shallot, chopped
1 cup sliced porcini mushrooms
1 1/3 cups low-sodium chicken broth
1/8 tsp black pepper
3 pinches sea salt
1/2 cup parboiled brown rice
8 oz Swiss chard, leaves only, cut into 1-inch pieces

DIRECTIONS

Heat oil in a medium-size pot on medium heat. Add chicken and sauté until slightly golden, about 3 to 4 minutes. Add shallot and mushrooms and sauté for 1 to 2 minutes, stirring often. Add chicken broth, pepper, and salt. Bring to a boil, then add rice and Swiss chard and reduce heat. Simmer for 8 to 12 minutes, or until rice has cooked.

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Protein
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Carbs
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Fat
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IFBB Pro League bodybuilder Carlo Filippone is the CEO of Elite Lifestyle Cuisine (elitelifestylecuisine.com).



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- Added coleus, salvia and theanine for a powerful sensory experience

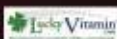


Subjects taking *C. canephora robusta* lost an average of 10.95 lbs. (vs. 5.4 lbs. for the placebo group) in 60 days following a low-calorie diet, and 3.7 lbs. (vs. 1.25 lbs. for the placebo group) in 8 weeks following a calorie-reduced diet and moderate exercise.



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GNC
LIVE WELL

FIVE GUYS

THIS FAST-SPREADING BURGER JOINT'S DECEPTIVELY SIMPLE MENU HIDES SOME HITS AMONG THE BELLY BUSTERS

■ Washington, D.C.-area favorite Five Guys burst across the fast-food scene since they started offering franchises in 2003, with well over a thousand locations now open across America, and even Canada and the U.K. The burger joint offers a simple menu with fresh ingredients free of artificial flavors or hidden chemicals. The 80/20 USDA ground beef is hand-formed per order.

The easiest way to keep your calories, carbs, and fat in check is to nix the french fries. An order of fries adds a whopping 411 grams and more than 900 calories. Employees often throw an extra scoop in the bag, easily flirting with 1,200 calories, so skip 'em, and while waiting for your order, help yourself to a handful of complimentary roasted peanuts to get in some extra protein and vitamins.

We like the Veggie Sandwich for a quick and decent pre-workout meal, but steer clear of the fatty and sugary sauces. The Hamburger, which comes with two beef patties, can sub in for a post-workout meal with plenty of protein and can be ordered without a bun to cut down carbs.

PRE-WORKOUT PICK

CHEESE VEGGIE SANDWICH

Grilled onions, grilled mushrooms, green peppers, lettuce, tomato, American cheese, and a sesame seed bun.

Look for foods with complex carbohydrates to fuel muscle and some protein for sustained energy. Stay away from fatty and calorie-heavy foods and try to keep clear of refined carbohydrates.

CALORIES	PROTEIN	CARBS	FAT
510	20g	61g	21g

POST-WORKOUT PICK

HAMBURGER

Two hamburger patties, pickles, onions, lettuce, tomato, and a sesame seed bun.

After an intense workout you need to build your glycogen stores back up with carbs and lean protein to jump-start muscle tissue repair and the building of new proteins.

CALORIES	PROTEIN	CARBS	FAT
718	39g	43g	43g

FAST-FOOD FATTENERS

■ Sometimes items that appear harmless are actually fat and calorie bombs:

Bacon Cheeseburger and Fries

Two hamburger patties, bacon, American cheese, and a sesame seed bun with regular french fries.
Calories 1,870
Protein 66g
Carbs 171g
Fat 103g

Milk Shake

Base shake with banana and peanut butter.
Calories 990
Protein 17g
Carbs 95g
Fat 40g

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MILK IT

IT'S PROTEIN POWDER'S BEST FRIEND, BUT WHAT IF YOU CAN'T STOMACH MILK?

Q My post-workout protein shake mixed with milk is upsetting my stomach. Are plant-based milks just as effective for gains?

■ If you have symptoms like abdominal cramps, bloating, diarrhea, or nausea after drinking cow's milk or other dairy products, you're probably lactose intolerant to some degree. Fortunately, plant-based milks like almond, hemp, and rice milk are a good option for people with lactose intolerance or a dairy allergy. Some brands are fortified with calcium and vitamin D to give you the extra nutrients most cow's milk provides.

Coconut milk is higher in calories, but most of these calories come from fat, not protein, so be mindful of that if you start to add unwanted body fat. Another alternative is soy milk, which provides 8 grams of protein per cup. Some bodybuilders believe soy can increase

estrogen and tamp down testosterone levels, though a 2010 meta-review published in the journal *Fertility and Sterility* found no impact on T from soy.

You can also try lactose-free milk, which has added lactase, an enzyme that breaks down lactose, the natural sugar found in dairy that can cause gastrointestinal distress in those missing the genes to produce the helpful enzyme. Lactose-free milk still has good amounts of protein and calories, comes in 2%, 1%, and fat-free selections, and even tastes a little sweeter than regular milk. Mix your protein powder with these alternative milks to help you reap the benefits of your gym efforts.

MILK MATTERS

ALMOND MILK

Low in protein and calories but has heart-healthy monounsaturated fat. Usually enriched with calcium and vitamins A and D.

COCONUT MILK

High in saturated fat with 5 grams per ounce. Contains vitamins C, E, and B, plus lauric acid, an antifungal and antiviral medium-chain fatty acid.

HEMP MILK

Nutty, creamy, and good for those with nut or soy allergies. Hemp milk has 10 essential amino acids and has good levels of omega-3 and -6 fatty acids.

OAT MILK

Contains more fiber than other milk substitutes. It packs lots of phytonutrients, has a sweet, grassy taste, and is free of saturated fats and cholesterol.

RICE MILK

We suggest leaving rice milk on the shelf, as it doesn't naturally have much nutritional benefit unless it's been fortified.

SOY MILK

High levels of isoflavones, protein, vitamins, and minerals. Avoid brands with carrageenan, which may cause stomach problems and inflammation.



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- **Brassica oleracea & bladderwrack extract:** Supplies diindolylmethane and fucoxanthin

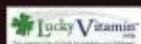


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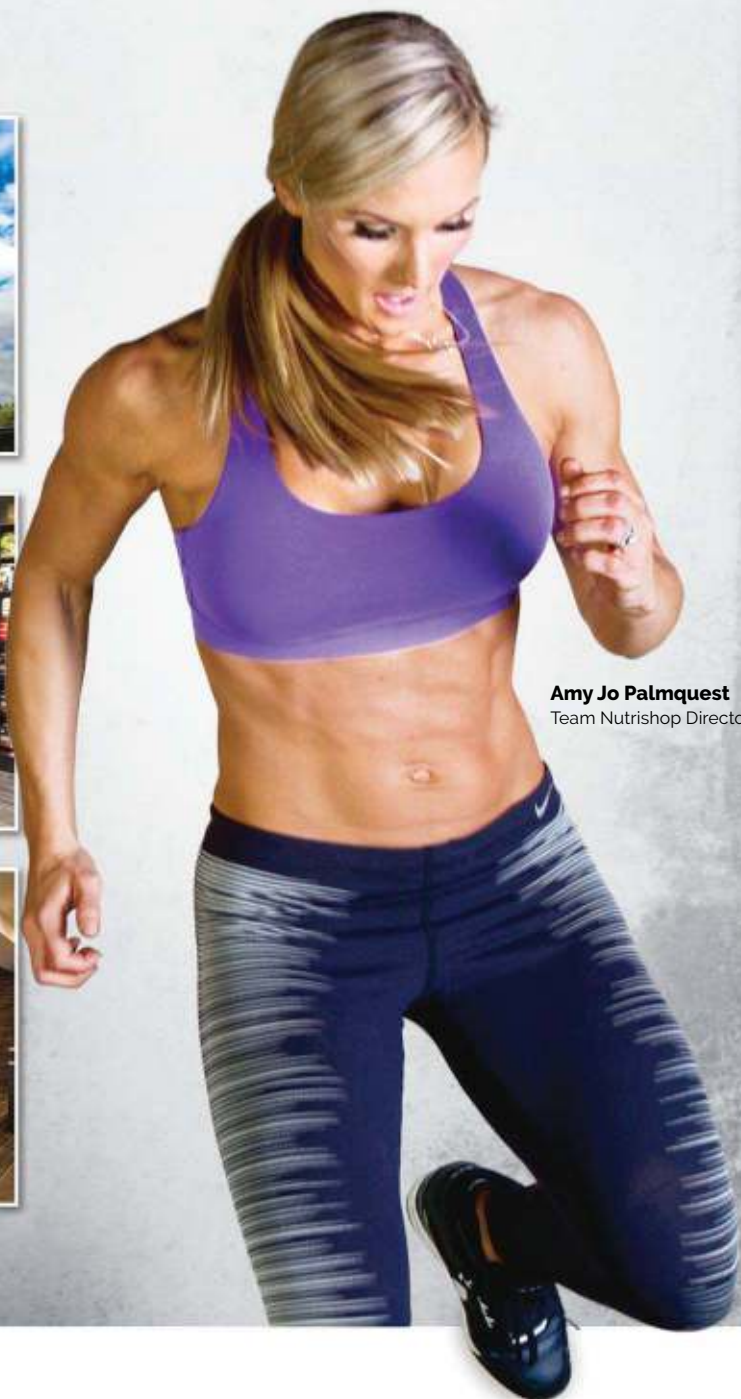
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JASON BREEZE



Eric Nelson Photography



Amy Jo Palmquest
Team Nutrishop Director

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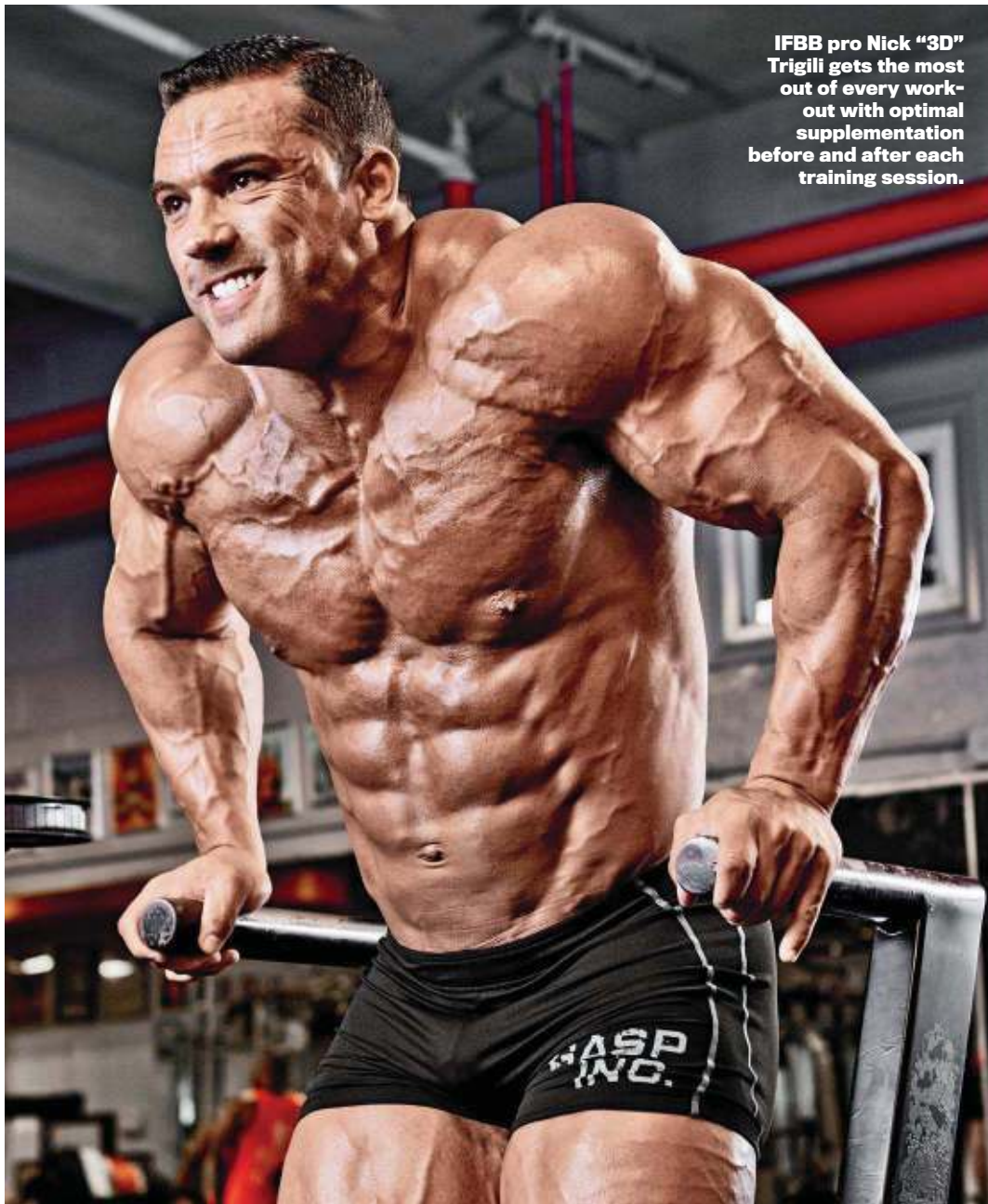
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MUSCLE-BUILDING PRE-WORKOUT

■ **NO Bull XMT** is split into three main parts. The first, **Power-AMP Complex**, couples an optimal creatine blend with clinically dosed beta-alanine to provide peak ATP levels, power, and help reduce post-workout muscle soreness. Next, to increase energy, enhance performance, and provide mental clarity, caffeine, *Ilex paraguariensis*, *Mucuna pruriens*, and huperzine are combined in its Sudden Impact Neurotropic Energizer Complex. Alongside these ingredients, the *Mucuna pruriens* helps increase natural test and HGH levels. Last but not least, **NO Bull XMT's** **DecaDrive Delivery Matrix** uses proven compounds like PEG to maximize absorption of all key ingredients in the formula and optimize amino acid absorption.



IFBB pro Nick "3D" Triglione gets the most out of every workout with optimal supplementation before and after each training session.

POST-WORKOUT MUSCLE GROWTH ACTIVATOR

■ MUSCLE RECOVERY

Secret Sauce was designed with the latest bioactive peptides technology from bovine serum albumin (BSA), a bioactive protein that helps speed up muscle recovery for fuller and stronger muscle tissue. The BSA protein contains naturally occurring leucine—a critical amino acid that in combination with 5 grams of a 10:1:1 ratio BCAA creates the optimal anabolic environment.

PEAK STRENGTH

The **Power-AMP CRE3 Creatine Complex** in Secret Sauce combines creatine

monohydrate, creatine MagnaPower, and creatine gluconate to help fully saturate the muscle in creatine, allowing for increased muscle mass and peak strength output.

ENERGY REPLENISHMENT

Secret Sauce's final stage is its **iSPIKE Insulin-Release-Amplifying Reactive Carbohydrate System**. Fast-acting carbs trigger elevated insulin levels, leading to maximal ATP and glycogen restoration. Amylase and glucoamylase speed up glycogen delivery to muscles.

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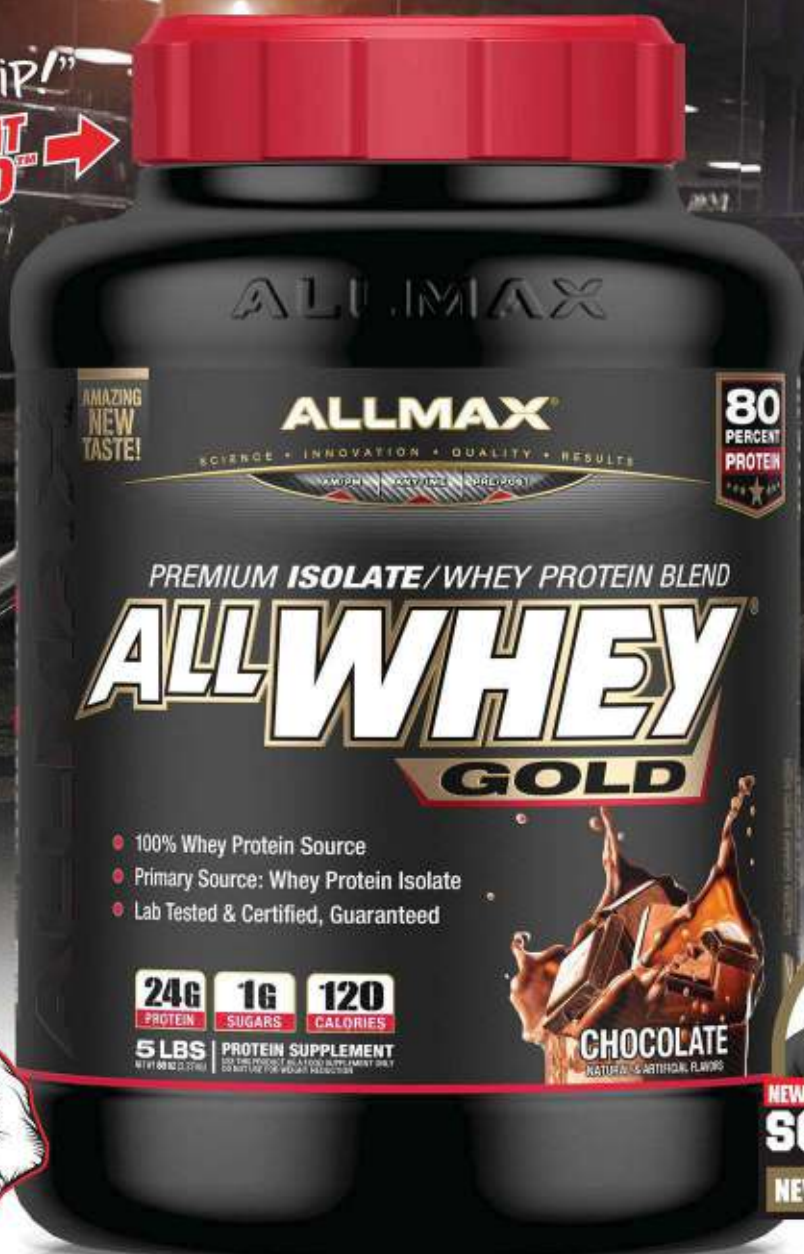


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A close-up, high-contrast photograph of a muscular Black man performing a bicep curl. He is shirtless, showing his highly defined biceps and forearms. He is holding a large, dark, hexagonal dumbbell with both hands, lifting it towards his shoulder. His face is focused, and his hair is short and curly. The background is a blurred gym setting with various pieces of equipment.

BI-ONAC BICEPS

**GIVE YOUR BICEPS THE STIMULATION THEY NEED TO
GROW BY FOLLOWING IFBB PRO WILLIAM BONAC'S
ROUTINE, DESIGNED BY HIS COACH AND TRAINING
GURU, NEIL "YODA" HILL**

BY JOE WUEBBEN
PHOTOGRAPHS BY CHARLES LOWTHIAN



If you were just getting started as a competitive bodybuilder in 2008 and were significantly lighter than 250 pounds, whose physique would jump out at you while flipping through the pages of FLEX magazine?

This is a rhetorical question, of course. The rookie bodybuilder from '08 we're referring to is current IFBB pro William Bonac. And the physique that immediately caught his eye belonged to a man he still emulates to this day: 2008 Olympia champion Dexter Jackson. It makes perfect sense. The two are of similar stature (around 5'6" and in the 225- to 235-pound range) and both have inherently aesthetic physiques. Eight years later, Jackson is still going strong at age 46, and Bonac, 33, would love to be doing the same 13 years from now.

"When I saw Dexter for the first time, I thought, 'OK, his physique is reachable for me,'" says Bonac, a recently inked Weider Athlete whose 2016 competition schedule includes the Mr. Olympia in Las Vegas Sept. 16-17, the Arnold Classic Europe in Madrid one week later, and the inaugural Mr. Olympia Europe in Germany on Oct. 22. "Ronnie Coleman was a big motivation for me, too, but he was so big, and I knew I could never be like that. Dexter's size and look was more my thing. I look up to Dexter. I don't think I'll ever accomplish quite as much as he's accomplished, but if I can get close, I'm good with that."

STAY HUNGRY

In Jackson, you have a bodybuilder whose physique has always been much more than the sum of its parts. Perhaps his abs are his calling card, but his biggest assets have always been unparalleled symmetry, conditioning, and seamless flow from one body part to the next. Bonac's physique is cut from a similar mold, except that his legs are naturally bigger. This is to his benefit, obviously, but to someday reach Jackson's level, Bonac believes he

needs to emulate one of the Blade's other key attributes: consistency.

"After shows, most guys' physiques go backward," says Bonac, referring to when a professional bodybuilder has to compete multiple times over the course of several weeks, as he'll have to do this fall with his two Olympia engagements. "They can maybe hold their shape for one week after, but after two shows they can't. With Dexter, his physique just keeps getting better."

What would you attribute that to? Bonac is asked. Genetics?

"Yes, genetics," he replies. "But also, Dexter's hungry, man. He wants it bad. When you have to compete more than two weekends in a row, it's mental. You have to be very mentally strong. You can't just rely on your physique."

BONAC'S BICEPS WORKOUT

EXERCISE	SETS	REPS
EZ-bar Curl	3*	15-20
superset with Seated Two-arm Dumbbell Curl	3	15-20
Concentration Curl	2	15-20
superset with Standing Preacher Curl	2	15-20

NOTE: All exercises are performed with a three-second eccentric (negative) on each rep and 90-second rest periods.

*Not including three to four warmup sets, starting at 50% of "working weight" (the weight that will be used on working sets) and gradually increasing resistance each set.

THE YODA CARD

Nobody builds a title-worthy physique alone. William Bonac, like Olympia 212 champ James "Flex" Lewis, has former IFBB pro and training guru Neil "Yoda" Hill in his corner serving as the mastermind for all of his workouts. Creator of his trademarked Y3T (Yoda 3 Training) protocol, Hill is one of bodybuilding's most respected training gurus.

In the following pages, Hill breaks down the

specifics and rationale of Bonac's biceps training. Biceps are a strong body part for Bonac, and he's cautious not to overdevelop them in fear of throwing off his symmetry. That said, he certainly doesn't ignore his arms, and Hill has a strategic plan even for Bonac's strong muscle groups.

"There are many reasons why I structure Y3T the way I do, which involves rep tempo, rep ranges, working sets, and rest periods," says Hill. "Together, they combine

EZ-BAR CURL

Yoda's Wisdom: "This is one of the primary compound movements for biceps training, which means ultimately you're going to maximize the amount of muscle fibers you recruit within the



muscle," says Hill. "EZ-bar curls are favorable over straight-bar curls in many instances because of the positioning of the wrists. With a semi-internally rotated grip using a fixed bar its easier

to keep your elbows tucked by your sides, which minimizes the use of momentum. When you consider the muscle mass William carries, this grip on a fixed bar also alleviates potential

stress on the wrist joint.

"When using this exercise make a conscious effort to avoid allowing your anterior deltoids to bare too much of the weight and your lower back to generate mo-

mentum. We are aiming to break down the biceps specifically in this instance; therefore, we want to load that muscle with as much stress as possible."

BONAC'S TRAINING SPLIT

Monday Back (width focus), triceps

Tuesday Chest, biceps

Wednesday Legs

Thursday Shoulders

Friday Back (thickness focus), biceps, triceps

Saturday Rest

Sunday Shoulders

NOTE: Bonac trains abs Monday, Wednesday, and Friday.

to create a very specific environment for optimized hypertrophy. In Bonac's biceps workout, the focal point is sarcoplasmic hypertrophy predominately, but within this rep range there will also be a crossover of myofibrillar hypertrophy. Ultimately, training to achieve both means that you're maximizing your potential and gaining the benefits from both hypertrophy types. After doing this workout, you will experience tremendous blood flow to the muscle, where the slow- and fast-twitch fibers have been broken down. This is highly desirable, because the extreme blood flow helps stretch the fascia (which houses your muscle fibers) over time, which then allows for added growth."

Hill designed this workout for Bonac, and it falls in Week 3 of his Y3T training cycle. For less-experienced lifters, Hill suggests two working sets of each exercise for a total of eight working sets.



SEATED TWO-ARM DUMBBELL CURL

Yoda's Wisdom: "One of the focal points of this exercise is wrist position, which changes throughout the movement because you aren't using a fixed bar," says Hill. "At the bottom of the movement, where your arm is fully extended, you'll be in a semi or fully internally rotated position. However, as you

begin to curl, I want you to ensure you move into a fully externally rotated position as soon as possible and remain there until the top of the rep. Once you hit the top of the rep and squeeze the biceps, remain in this position for as long as possible before reaching the bottom again. This is a very effective

way of increasing the overall load within the biceps, bringing more muscle fibers into play. You will find this technique is more challenging, and you'll be using less weight. But that doesn't matter because the positioning will improve your muscle stimulation, which is the key factor in achieving hypertrophy."

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CONCENTRATION CURL

Yoda's Wisdom: "This exercise is a fantastic isolation movement that removes all other external forces and creates an environment where you can really create tension within the biceps," says Hill. "There are various ways of doing concentration curls, but the seated variation with your elbow resting inside your thigh is the variant I'd recommend. By using this method, you're leaving the biceps completely isolated, without any input from the anterior deltoid or lower back—two common areas people get 'extra help' from."

"The great thing about this exercise is that the angle created at the elbow joint lends itself to placing great stress and load on the biceps in the eccentric phase and isometric phase. Mechanically, it's perfect for really finishing the biceps off once they've been broken down by bigger exercises like EZ-bar and dumbbell curls."

STANDING PREACHER CURL

Yoda's Wisdom: "This exercise is a great isolation movement to finish off the biceps," says Hill. "There are many different angles you can use, but I personally recommend working between 60-75 degrees on the bench. The beauty of this exercise is that you're able to really stretch the biceps out during the eccentric phase without hyperextending the elbow joint because of the protection from the bench. The angle created when doing this exercise makes it very easy to isolate the biceps, and more than that, allow gravity to help create more tension and load."

"One thing I want you to be very mindful of is keeping the back of your arm planted to the bench—don't allow it to rise up, because that means you're now involving other muscle groups and sacrificing tension within the biceps. This probably indicates the weight you're using is too heavy." **FLEX**

WILLIAM BONAC'S STATS

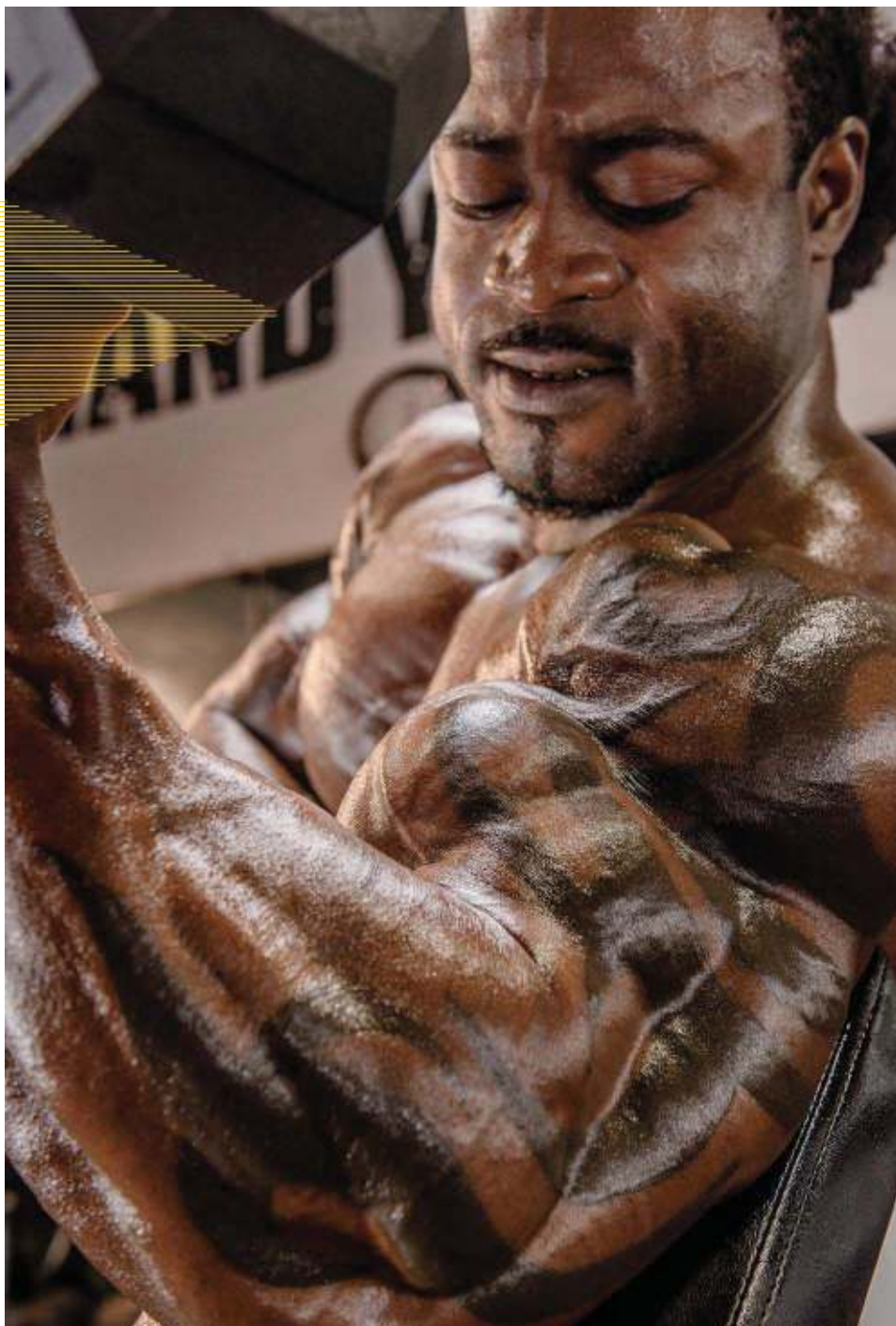
Height 5'6"

Weight 225 pounds (contest);
235 pounds (off-season)

Birth Date May 18, 1982

Residence Amsterdam,
The Netherlands

Career Highlights 2015:
Dayana Cadeau Pro, 1st; Nordic
Pro, 1st; Mr. Olympia, 8th; 2014:
Golden State Pro Championships,
1st; Russia Grand Prix, 1st

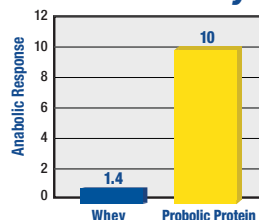


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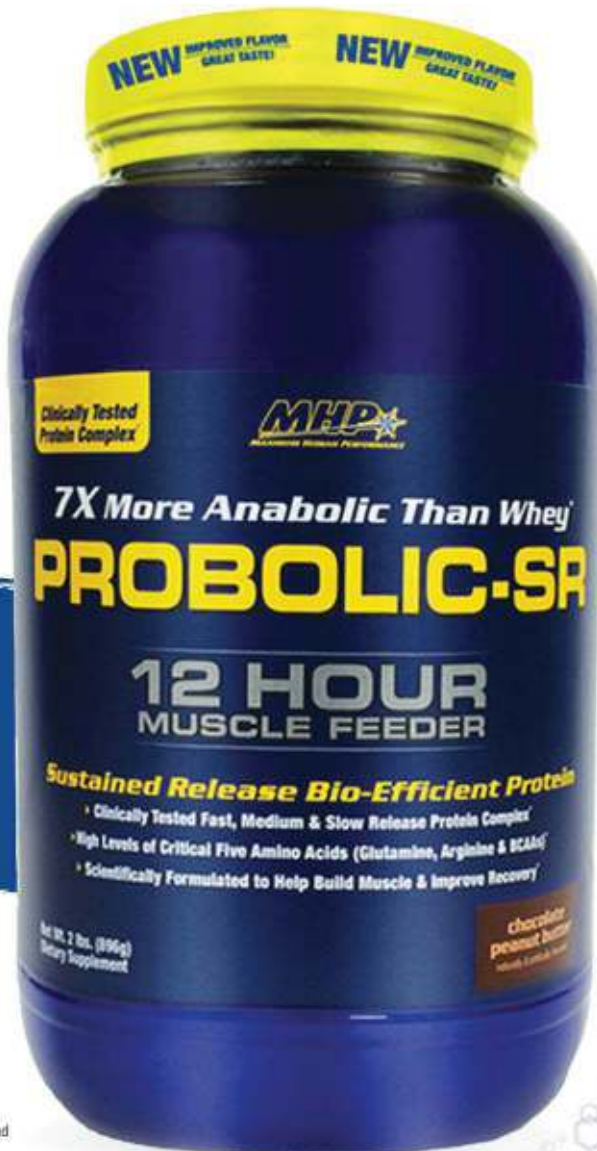
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*"Soy"-dairy protein blend and whey protein ingestion after resistance exercise increases amino acid transport and transporter expression in human skeletal muscle," *Journal of Applied Physiology*, April 3, 2014.

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MEAT- LESS MEAT- HEADS

BY ADAM BIBLE PHOTOGRAPHS BY BRIAN KLUTCH

Make the move and become a vegetarian monster in the gym without sacrificing muscle or missing meat

There was a time not so long ago when any man dedicated to moving big iron and sculpting dense muscle would have been called a grass-chewing wimp or even (gasp!) a hippie, for turning down a fat, juicy rib-eye steak and instead tucking into a plate of beans and rice with a side salad. But starting in the '50s, as modern bodybuilding began to take shape, a few dedicated muscleheads brushed off the insults and committed themselves to building an impressive physique all through a diet based on plants.

Bill Pearl, now 85, is probably the most famous vegetarian bodybuilder, though he is technically a lacto-ovo vegetarian, or someone who eats mostly plants and some dairy and eggs. He won numerous contests throughout the '50s, '60s, and '70s while on a plant-based diet, including the Mr. Universe pro four times. His protégé, Jim Morris, took the plant diet even further and became a vegan—he went on to compete for more than 30 years and won contests like Mr. USA and Mr. Olympia Masters until retiring in 1985.

And the Oak himself, Arnold Schwarzenegger, proclaimed that he would start adhering to a meatless Monday schedule for better health and to do his part to cut down on the greenhouse gases emitted in the production, slaughter, and distribution of livestock. In a 2006 report, the Food and Agriculture Organization of the United Nations stated that the way we get meat on our plates is one of the biggest strains on the global ecosystem, with the whole process being one of the largest sources of greenhouse gases, a leading cause of loss of habitat biodiversity and a major reason our waterways are polluted.

Besides the saving-the-planet angle and concern for the welfare of animals, study after study has shown that vegetarian or vegan diets lower cholesterol, reduce the risk for heart disease, regulate blood pressure levels, and help prevent prostate cancer and colon cancer. People who follow a plant-based diet may also have lower body-mass index, better skin, more energy, and live longer. That said, we challenge you to try out the veggie life by taking the following steps to live a healthier



◀ VANILLA BERRY BLAST RECOVERY SMOOTHIE

INGREDIENTS

2 scoops vanilla
rice protein powder
2 cups frozen blueberries
10 oz water

DIRECTIONS

Add all ingredients to a blender and blend for 30 seconds.

CALORIES**398****CARBS****46G****PROTEIN****49G****FAT****2G**

PRE-WORKOUT INSURANCE SMOOTHIE

INGREDIENTS

2 scoops vanilla
rice protein powder
2 cups frozen strawberries
1 tbsp Udo's Choice Oil
with DHA
10 oz water

DIRECTIONS

Add all ingredients to a blender and blend for 30 seconds.

CALORIES**464****CARBS****35G****PROTEIN****49G****FAT****13G**

Recipes courtesy of Mike Mahler

life, and maybe even help save the planet—and still pack on muscle.

MAKE THE MOVE

Mike Mahler, a renowned vegan strength athlete and kettlebell master, started on his path to veganism when he was 15. “Then I decided to cut out all meat except fish but kept eggs and dairy in as well,” he says. “When I was 18 I took it a step further and cut out fish.” Mahler then became a vegan in 1994 when he realized that most factory animals bred for slaughter live and die in horrific conditions.

Newbies interested in cutting meat today should phase out meat and animal products gradually. “Just learning how to put things together was hard at first,” Mahler says. “Once I loaded up on legumes, nuts, and seeds everything started falling into place as these combos provide an abundance of complete protein, low-glycemic carbs, and healthy fats for sex hormone optimization.” Mahler, who recently hit a deadlift personal record of 555 pounds and squat best of 425 pounds, plus banged out 20 one-arm snatches with a 97-pound kettlebell, says the best part about making the choice to become a vegetarian athlete is that you don’t have to change up your training.

EAT RIGHT

“For all athletes, the majority of your food intake should come from vitamin-, mineral-, and fiber-rich foods, the most nutrient-dense foods they can find,” says Marie Spano, R.D., sports nutritionist for the Atlanta Hawks, and co-editor



BREAKFAST VEGAN CORNMEAL-CHIA WAFFLES* Serves 1

INGREDIENTS

$\frac{3}{4}$ cup medium- to finely ground cornmeal
 $\frac{1}{4}$ cup chia seeds ■ $\frac{1}{4}$ cup oats, ground
 $\frac{1}{2}$ tsp salt ■ 1 tsp baking powder
 $\frac{1}{2}$ cup applesauce ■ 1 cup hemp milk
1 tbsp coconut oil ■ 1 tbsp maple syrup
1 tsp vanilla extract

DIRECTIONS

1 Toast cornmeal lightly in a pan over medium heat for about 5 minutes, until it is lightly browned and fragrant.

2 Preheat waffle iron.

3 Stir together the cornmeal, chia, ground oats, salt, and baking powder. In a separate bowl, mix together the applesauce, hemp milk, coconut oil, maple syrup,

and vanilla. (You may need to microwave the coconut oil for a few seconds to get it to a liquid state for easier mixing.)

4 Stir the wet ingredients into the dry to combine into a smooth batter. Spray the waffle iron with baking spray even if it is nonstick, and pour batter into hot iron. Follow the directions of your waffle iron, or wait until the iron stops steaming.

5 Carefully remove waffles from iron, respray with cooking spray, and repeat. To enjoy immediately, top with maple syrup or fruit.

CALORIES

430

PROTEIN

26G

CARBS

25G

FAT

29G



WHAT KIND OF PLANT EATER ARE YOU?

There are lots of variations on the plant-based diet. Some people go superstrict and become raw vegans, while others take a more flexible approach and allow some meat. Here's a list of the most common:

➤ **LACTO-OVO**

No meat, but does include dairy products and eggs.

➤ **FLEXITARIAN OR SEM**

Some meat can be eaten occasionally.

➤ **FRUITARIAN**

Raw fruit only, with some nuts and seeds.

➤ **PESCO**

Can eat fish, seafood, eggs, and dairy.

➤ **VEGAN**

More of an ethical stance, all foods and products of animal origin—like honey, leather, marshmallows, etc.—are not eaten or worn.

➤ **RAW VEGAN**

As above but eats raw, uncooked plant foods only.

**Recipe courtesy of No Meat Athlete*



THE FOODS YOU'LL NEED TO SUCCEED

You still want to eat whole foods if switching to a plant-based diet—just cut out the meat. Load up on all of the essential fruits and vegetables, plus bump up your intake of beans and nuts, and supplement with meat substitutes like tempeh (made from soy) and seitan (made from wheat) for texture.

➤ FRUITS

All types, but in particular:
Apples ■ Bananas ■ Berries ■ Figs
Grapes ■ Melons ■ Oranges
Pears ■ Plums

➤ LEGUMES

Black beans ■ Chickpeas
Kidney beans ■ Lentils
Mung beans ■ Pinto beans
Soybeans ■ White beans

➤ GRAINS

Oatmeal and cereals
Brown rice ■ Bulgur
Buckwheat ■ Farro
Millet ■ Quinoa
Whole-wheat breads
and pasta

➤ OILS

Olive ■ Canola ■ Coconut
Flaxseed ■ Hemp

LUNCH BLACK BEAN & QUINOA VEGGIE BURGERS*

Serves 4

INGREDIENTS

1 cup dry quinoa ■ **2 tsp** coconut oil
3 cloves garlic, minced ■ **½ tsp** sea salt
1 (15 oz) can ■ black beans, drained and rinsed ■ **2 tbsp** natural almond butter
2 tbsp tomato paste ■ **1** large egg, or vegan egg substitute ■ **⅔ cup** frozen corn
½ cup cilantro, chopped ■ **1 tsp** cayenne (as needed, start with 1 tsp) ■ **1 tbsp** turmeric
1 tbsp black pepper (add to taste) ■ **2 tsp** ground cumin ■ **4 tbsp** pumpkin seeds
½ cup rolled oats ■ **¼ cup** oat flour

DIRECTIONS

1 Place quinoa in small saucepan with 1 cup water over medium-high heat. Bring to a boil.
2 Reduce heat to low, cover pan, and cook 10–15 minutes until water is absorbed. Remove from heat.
3 Heat coconut oil in small pan over medium heat, and add garlic. Add ¼ teaspoon sea salt, sauté

for 5–6 minutes. Place mixture into large bowl.

4 Add black beans and almond butter to bowl, mash together into pasty mixture.

5 Stir in tomato paste, egg, corn, cilantro, cayenne, turmeric, black pepper, cumin, pumpkin seeds, ¼ teaspoon sea salt. Add cooked quinoa, oats, and oat flour. Mix well.

6 Form mixture into four patties and place on baking sheet. Cover with plastic wrap, and refrigerate for at least four hours.

7 When ready to eat, preheat oven to 400°F. Coat baking sheet with coconut oil, and place patties on it. Cook 10–12 minutes or until patties are golden brown and crispy. Flip and cook another 10 minutes.

CALORIES	PROTEIN	CARBS	FAT
480	22G	67G	18G

for the NSCA's *Guide to Sport and Exercise Nutrition*. Vegetarian diets are typically lower in total protein, and many of the available plant proteins are not high in leucine, the key amino acid that turns on muscle protein synthesis.

"The best substitutes for meat and its high-protein content and essential amino acids profile are soy protein and hemp seeds because both contain all eight essential amino acids," says Spano. "Several beans including soybeans, mung, white, kidney, and navy beans, as well as split peas and lentils, contain a good amount of leucine, making all excellent additions to round out meals." Spano suggests opting for a higher amount of protein (at least 2 grams per kilogram body weight) based on the amino acid composition of vegetable-based proteins. Try to hit macros of approximately 35–40% protein, 25% fat, and the remainder carbs.

POSSIBLE PITFALLS

"Vegetarian and vegan diets could potentially be lower in calcium, iron, vitamin D, zinc, and particularly for vegans, B12," she says. To get your fill of zinc, hit up wheat germ, wild rice, peanuts, pumpkin seeds, pine nuts, sunflower seeds, black beans, pink or red lentils, cashews, and mixed nuts. "For calcium and vitamin D," Spano says, "look for fortified orange juice or milk alternatives such as soy, almond, or rice beverages."

If you're flirting with keeping fish in your diet, you can get extra calcium and vitamin D from fatty fish

**Recipe courtesy of
 vegetarianbodybuilding.com*

► NUTS (AND ALMOND BUTTER AND MILK)

Chia seeds ■ Cashews ■ Flaxseed
 Hazelnut milk ■ Hemp seed
 Macadamia nuts ■ Peanut butter
 Pistachios ■ Pumpkin seeds
 Sesame seeds ■ Walnuts
 Sunflower seeds

► POWDERS

Hemp ■ Pea ■ Peanut ■ Rice ■ Soy

► VEGGIES

All types, cooked and raw, but in particular:
 Broccoli ■ Beets ■ Brussels sprouts
 Cauliflower ■ Greens ■ Kale
 Lettuces ■ Potatoes ■ Red peppers
 Spinach ■ Sprouts ■ Squash
 Sweet potatoes ■ Tomatoes
 Zucchini

► MEAT SUBSTITUTES

Tempeh ■ Tofu ■ Seitan

DINNER VEGAN TEMPEH STIR-FRY WITH BLACK BEAN SAUCE* Serves 4

INGREDIENTS

1 **tbsp** cornstarch ■ $\frac{1}{4}$ **cup** vegetable broth ■ 1 **tbsp** black bean sauce
1 **tsp** sugar ■ $\frac{1}{4}$ **cup** peanut oil
1 **lb** tempeh, cut into $\frac{3}{4}$ -inch cubes
1 small head of kale, leaves torn in half
1 small zucchini ■ 1 red bell pepper, cut into strips ■ $\frac{1}{4}$ **lb** sugar snap peas ■ Pinch of red pepper flakes
Dash of soy sauce for flavor
Cooked brown rice (optional)

DIRECTIONS

1 In a small bowl, whisk together cornstarch and vegetable broth, then add black bean sauce and sugar and stir together. Set aside.

2 Heat large skillet over high heat, then add 3 tablespoons of peanut oil when

hot. Once the oil is shimmering, add tempeh cubes and brown for a few minutes, turning quickly to let all sides touch the oil. Do not burn. Move to a plate lined with paper towels.

3 Carefully wipe out the skillet, return to heat, and add remaining peanut oil. Once hot, add all vegetables and red pepper flakes. Stir everything quickly through the hot oil for three minutes, until they're tender-crisp. Add back tempeh and sauce from the bowl, then stir everything together for another minute.

4 Season with soy sauce to taste, and serve, optionally over rice.

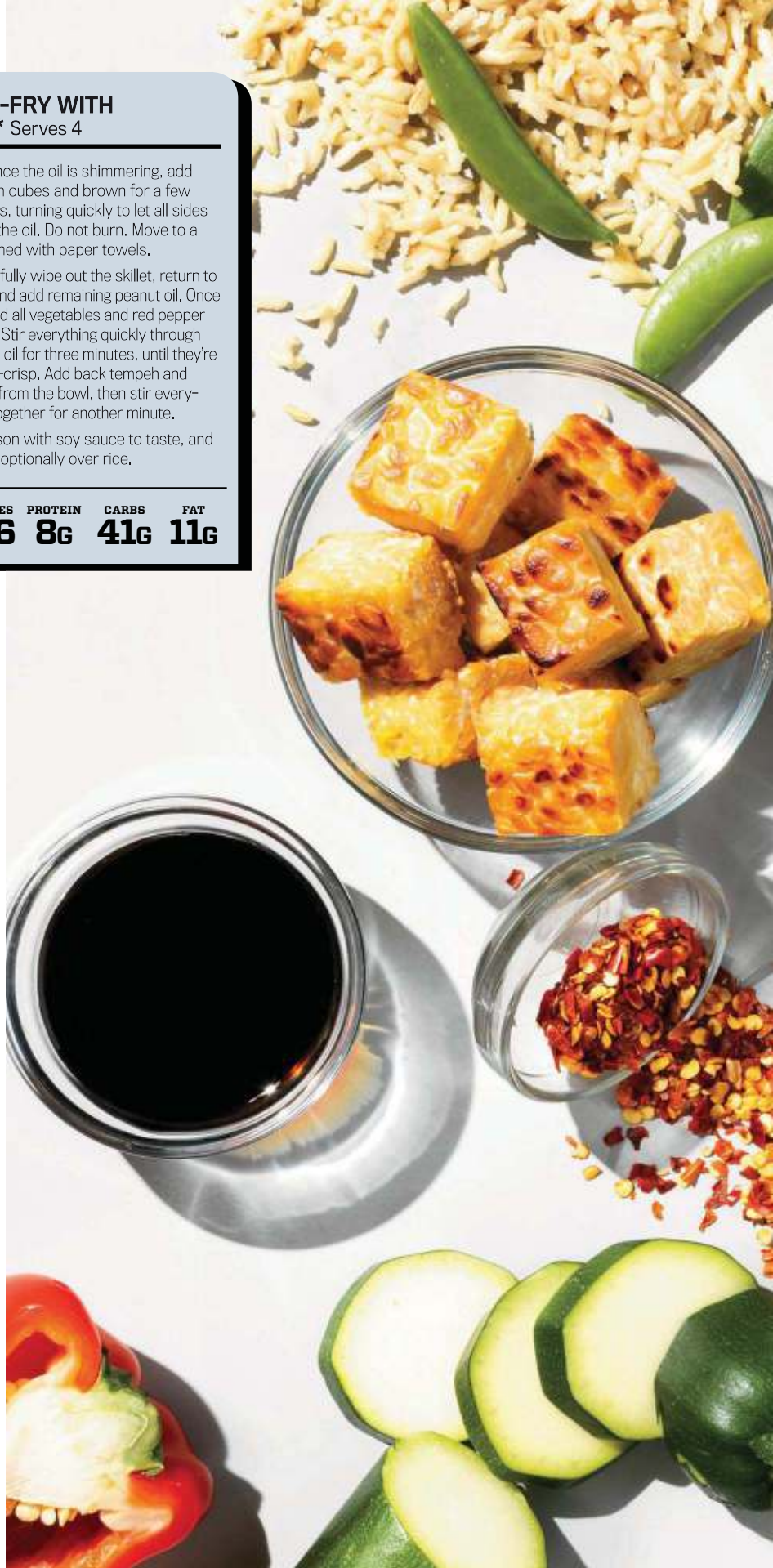
CALORIES	PROTEIN	CARBS	FAT
286	8g	41g	11g

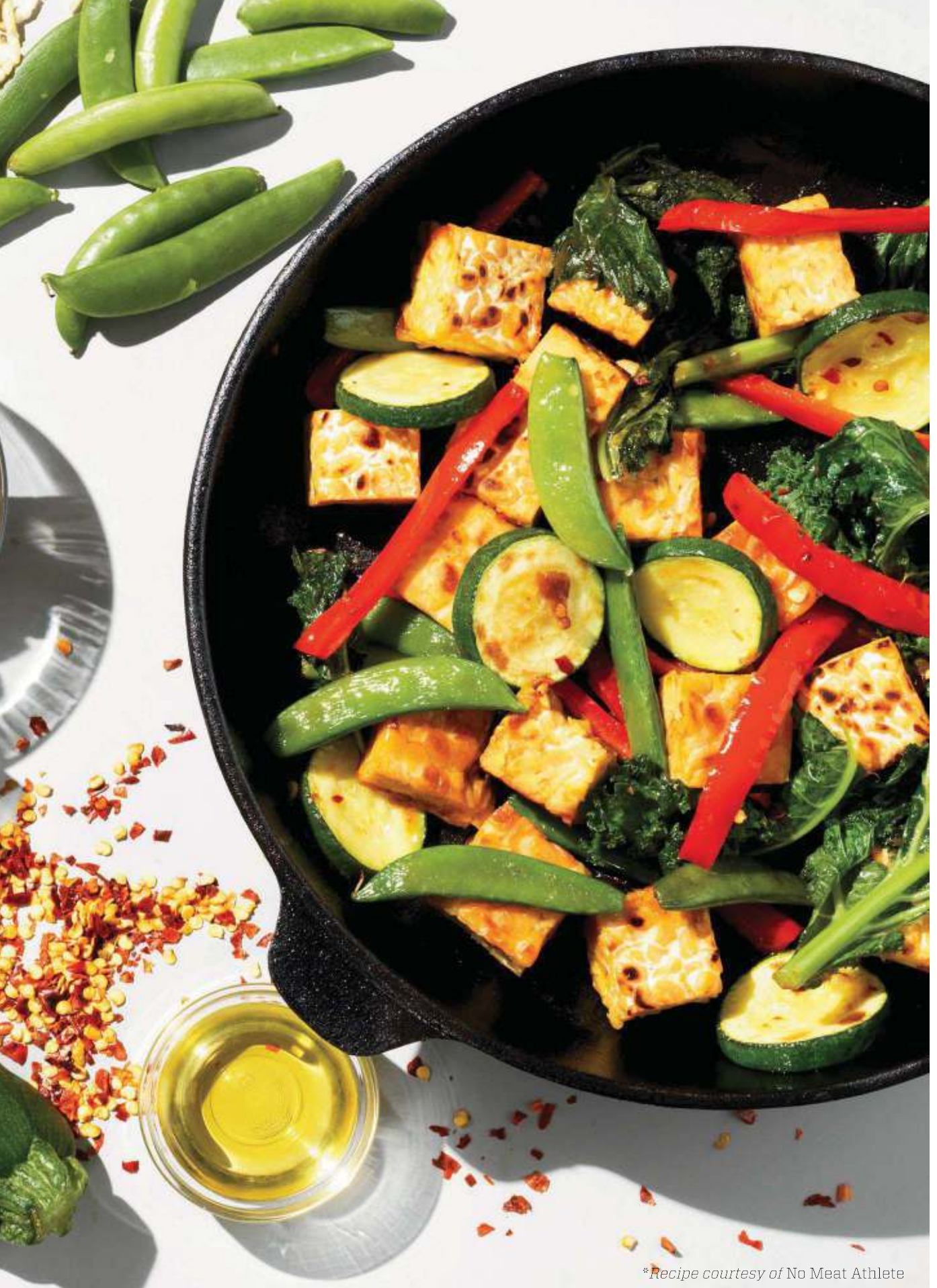
like salmon, tuna, and mackerel, plus build up your zinc and vitamin D levels with oysters. If you're stacking your plate with lots of beans and leafy greens, you'll get plenty of iron and you can supplement with some fortified foods like breakfast cereal. Vegans can also turn to nutritional yeast for vitamin B12, but make sure to check for B12 on the packaging. Mahler covers his vitamin and mineral needs by taking a multivitamin from Life Extension and supplements with extra vitamins D3, B100, zinc, and magnesium.

Protein-enhanced products and powders are also obviously a go-to for plant-based lifters; look for soy, hemp, rice, or pea protein. Some of the newest protein supplements are great tasting, too. "MusclePharm's Thrive, Orgain protein almond milk with brown rice as well as leucine-rich pea protein, and PureFit bars with soy protein are all delicious and provide plenty of plant-base protein." Peanut powder can be used to thicken soups and stews, mixed in yogurt and hot cereals, and used as the base of a protein shake, says Spano.

VEGGIE PLEDGE

Whether you go for meatless Mondays or work up to becoming a vegan, there are tons of options to make the transition easy. Your energy may shoot up, nagging injuries may disappear, and your bros may even call you a hippie. Whatever happens, there's no shame in getting in more fruits and veggies, even for bodybuilders. **FLEX**





**Recipe courtesy of No Meat Athlete*

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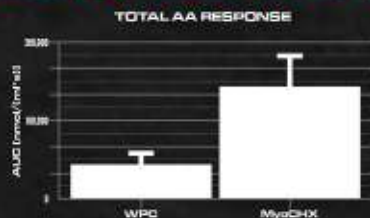
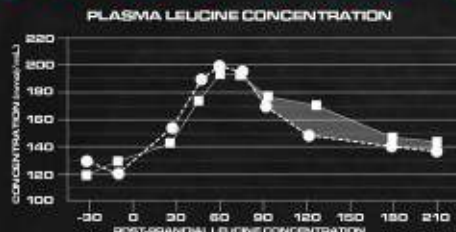
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**HAITIAN SENSATION MAXX CHARLES
AND HIS INCREDIBLE V-TAPER LOOK TO TURN
HEADS AT THE 2016 ARNOLD CLASSIC**

BY MICHAEL BERG, N.S.C.A.-C.P.T. PHOTOGRAPHS BY PER BERNAL





.....

**"I WASN'T ALLOWED
TO LIFT WEIGHTS. SO
I'D WAIT UNTIL MY
PARENTS WENT TO
SLEEP, AND THEN I'D GO
OUT IN THE BACKYARD
AND DO PUSHUPS AND
LIFT CHAIRS."**

Such were the humble bodybuilding beginnings of Maxx Charles. Emigrating from Port-au-Prince, Haiti, to Long Island, NY, with his family when he was 12, Charles was always fascinated with muscle. From lifting whatever he could find around the house, he eventually made his way to a local gym, lying to his mom and dad about his whereabouts at first until they finally relented when he was about 15 and started to at least grudgingly support his ambitions.

"After a while, they gave up and said, 'Well, it's what he wants to do, just let it be,'" Charles recalls. "I think they finally figured out it was harmless. I wasn't doing anything bad, I

just wanted to go somewhere and work out."

Today, that "somewhere" is the East Coast training mecca, Bev Francis' Powerhouse Gym in Syosset, NY. It's an unseasonably warm Thursday afternoon in early December, and Charles is gearing up for his weekly delt session, a gantlet of free-weight and machine exercises that will annihilate each of the three heads of the target muscle.

Like his physique, it's a workout that took shape over years of not only hard lifting but also an unorthodox approach to determining what movements actually delivered results for him and which



did not. With marathon-length regimens, often abrupt ranges of motion, and a penchant for inventing his own particular exercises, Charles may not be the standard-bearer of by-the-book lifting, but his results demand attention. And he's banking on those ultrawide delts to grab the judges' attention at his first Arnold Classic this March in Columbus, OH.

BEHIND-THE-NECK IN EFFECT

A couple of months removed from the 2015 competitive season, Charles is noticeably bigger—he's been known to carry as much as 300 pounds in the off-season, while still retaining much of the

"YOUR BODY ISN'T COUNTING HOW MANY REPS YOU'RE DOING, IT ONLY KNOWS HOW MUCH YOU'RE BEATING IT UP. THAT'S WHY I DON'T COUNT REPS, I JUST GO."

proportion that has garnered him accolades throughout his career.

It took him more than a decade of steadfast lifting, but he began contending for an IFBB pro card on the national level in his early 30s, coming close in 2011 and 2012 before earning one at the 2013 NPC USA Championships with his super-heavyweight and overall victory.

At 37 he entered his first pro shows, finishing fifth at the 2014 New York Pro and fourth at the Tampa Pro. In 2015 he improved on both of those, moving up to third in

New York and capturing his first pro title in Tampa before his 12th-place debut at the Mr. Olympia. The 5'11" 265-pounder made his presence known with a wide, thick back and an upper body perched atop an impossibly narrow waist, creating a V-taper to be envied.

Once his warmups are in the books—he does a few sets of cable pushdowns and overhead cable extensions to warm up his troublesome elbows—Charles heads to the Smith machine for what he deems his favorite shoulder builder:



CHARLES' MAXIMUM DELT ROUTINE

EXERCISE	SETS	REPS
Seated Behind-the-neck Press*	4*	10-20
Prone Shoulder Machine Press	3	30-50
Dumbbell Lateral Raise	3	20-30
Upright Machine Row	2	20-30
Machine Front Raise	1	20-30
Machine Rear-delt Row	2	20-30
Reverse Pec-deck Flye	3	20-30
One-arm Rear-delt Cable Pull-in**	2	20-30
Dumbbell Shrug	2	20-30

Note: Before he begins, Charles does a few uncounted sets of cable triceps pushdowns and overhead pushdowns to warm up his elbows. Rep ranges are noted here, but Charles doesn't count reps—he goes to failure, which tends to be in the listed ranges.

*The final set is a dropset, in which he lowers the weight after failure and immediately continues repping for three to four drops total.

**These sets are "doubles"—he'll do one arm to failure, then the other, then immediately fail with each arm again. That's one set.

Today, he does three sets of 20 reps and a fourth in which he reaches failure at 15. Although he doesn't do so on this day, "about 80% of the time, I'll finish behind-the-neck presses with a dropset, where I'll drop the weight three to four times, going to failure each time," he says as he heads to the nearby Star Trac Seated Shoulder Press machine.

MUSCLES CAN'T COUNT

Here is where Charles' unique approach comes into clear focus. Known for his instinctive, high-volume style, he's constantly evaluating the angle of push or pull and how to engage the intended muscle group most directly. ("Doing a little geometry," as he calls it.) On this machine, those thoughts prompted him to flip over, lying facedown on the angled press machine to press instead of on his back as the manufacturer intended.

"I found that facedown targets my front delts more," Charles says.

behind-the-neck presses.

"Some are scared of these because they think there's a bigger chance of injury, but to me that's not because of the movement, it's because people pick up a weight without knowing how to keep the tension on the muscle they're training," Charles contends between sets. "They just bounce it up and down, and it makes them feel uncomfortable. But do it right, and it's really effective."

Charles sits upright on an adjustable bench inclined to its highest

setting, with his broad upper back in contact with the pad. He takes a grip in which his palms are directly aligned over his elbows, then unlocks the safeties with a twist of his hands. From here, with his chin down, he lowers the weight until it is about ear level behind his head before reversing to push the bar up as he exhales through gritted teeth, stopping before elbow lockout at the top. All told, his reps cover about half the typical range of motion by design, as that's what he has settled on after years of trial and error.

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On this, he'll pyramid up the weight over three sets, ranging up to 50 reps on the final set as he guns for failure once again.

When asked why he does such high rep ranges when typical bodybuilding protocols call for eight- to 12-rep sets, he answers simply, "Your body isn't counting how many reps you're doing; it knows only how much you're beating it up. That's why I don't count reps—I just go."

IT'S A MARATHON, NOT A SPRINT

Dumbbell laterals follow for three sets of 20 to 30 reps apiece. His approach is slightly unconventional, at least as compared with those who will keep their arms nearly straight as they rep.

"The best way I can explain it is this: Think not like you're doing laterals but that you're shrugging your delts, so you're squeezing them

as you bring them up," he says. "I'm still moving the weight like I'm doing a lateral, but my elbow is bent and I'm shrugging my delt as I'm bringing the dumbbell up. Basically, I'm keeping all the tension on my shoulder and not on my arms and elbows. When you have your elbow straight, there's no way you can hit your shoulder the way you're supposed to."

"I BELIEVE THAT YOU'RE NOT SUPPOSED TO DO YOUR SET UNLESS YOUR MUSCLE IS READY TO GO. BUT THAT DOESN'T MEAN YOU JUST SIT AROUND—WHEN YOU'RE RECOVERED AND IT'S TIME TO GO, YOU GO."



The next three exercises are done at a cable station with a long angled bar attachment (the one normally used for seated pulldowns). Charles starts with two sets of upright rows, followed by a set of front raises, and finally brings over a low-back chair that he sits in while facing the weight stack for two sets of high-elbow pull-ins for his rear delts.

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2013 FIBO POWER PRO 1ST PLACE
TEAM SCITEC

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All sets are to failure, which occurs within the 20- to 30-rep range.

USE IT SPARINGLY

Notable in Charles' routine to this point is a relative lack of intensity techniques—which is by design. "I'll usually do that one dropset on the press, but that's it," he admits. "I think people use them too much. It's like when you're running fast and you

run out of air, you need to catch your breath. It's the same with your muscles—if you're doing too many dropsets, supersets, it can fatigue the muscle too much, and it's now shrinking instead of growing. One good round of dropsets is more than enough for a workout."

DOUBLE UP ON YOUR REAR

With the nearly three-hour work-

out grinding toward its conclusion, Charles takes up residence at the reverse-pec station for three sets of rear-delt flyes, then isolates each rear-delt head with rear-delt pull-ins back at the cable station, where he just grasps the end of the cable and pulls it toward his ear, one arm at a time, keeping his elbow elevated throughout and his nonworking hand on the machine for support. Here, each set is a "double"—he'll rep with the right arm to exhaustion, then do the left, then immediately switch back to the right to rep to failure again before giving the left one more go. That completes his first "double" set of two.

WRAP IT WITH TRAPS

Charles wraps up the proceedings with two sets of dumbbell shrugs, also high rep to the point of absolute trapezius obliteration. "I keep my head slightly down but looking forward, and I keep my elbows bent as I shrug with my traps," he explains. "I see some guys pick up the weight, and their arms are doing too much of the work. I just keep the weight at my waist. The only thing moving is my shoulders, up and down as my traps contract."

He'll be back at Bev's tomorrow, with lessons from the 2015 Olympia in hand. "I tried to learn as much as possible for the next one," he says. "You know how everybody stands to the side onstage while they're waiting for their callout? My mindset was, when they call the top five, I was going to be looking at them and seeing what I needed to bring next time. "I wasn't disappointed [in my placing]," he adds. "I was focused on what I need to do next." **FLEX**



SNAPSHOT: MAXX CHARLES

Height: 5'11" **Weight:** 265 pounds
contest

Birthplace: Port-au-Prince, Haiti

Residence: Long Island, NY

Sponsor: Scitec Nutrition

Online: Facebook and Twitter:
@Dominate2DMaxx

Contest History: 2013: NPC USA Championships, super-heavyweight and overall champion (earned pro card); 2014: New York Pro Championships, 5th; Tampa Pro Championships, 4th; 2015: New York Pro Championships, 3rd; Mr. Olympia, 12th; Tampa Pro Championships, 1st



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A close-up photograph of a bodybuilder's chest and arm. The man is lying down, pressing a large dumbbell with both hands. His chest muscles are highly defined and glistening. The dumbbell has a black handle and silver weight plates with red 'JW' logos. In the background, other gym equipment is visible, including a rack with weight plates labeled '8' and '45'.

BY JOE WUEBBEN
PHOTOGRAPHS BY CHARLES LOWTHIAN

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Is one major muscle group any more important than another up on the bodybuilding stage?

Technically, no. But the beach and swimming pool aren't a bodybuilding stage, and a few body parts in particular might just warrant a bit higher priority in the next couple of months—and one of those happens to be chest. Not that we're telling you to ditch leg, back, and delt training, but before the hot months get here, make sure you're blasting the aforementioned show-stopper in the gym.

Leading the charge is Jose Raymond, reigning Arnold Classic 212 champion, who will be back in Columbus this March. Raymond shows you his favorite chest moves, designed to hit that most lagging area: the upper chest. Raymond focuses on incline-bench exercises to build a balanced chest because you're only as good as your weakest link.

JOSE RAYMOND'S STATS

HEIGHT 5'4" **WEIGHT** 210 pounds **BIRTH DATE**

Dec. 29, 1974

RESIDENCE North Reading, MA

CAREER HIGHLIGHTS

2015: Olympia 212 Show-down, 2nd; Arnold Classic 212, 1st; Prague Pro 212, 1st; 2014: New Zealand Grand Prix 212, 1st; Phoenix Pro 212, 1st; Prague Pro 212, 3rd; 2013: New York Pro 212, 1st; Toronto Pro Supershow 212, 1st; 2011: New York Pro 212, 1st; 2010: Europa Battle of Champions 212, 1st; Tampa Pro, 1st



INCLINE DUMBBELL PRESS

START Sit on an incline bench holding a pair of dumbbells resting on your thighs. Lie back and begin with the dumbbells just outside your shoulders with your arms bent, feet flat on the floor, and head resting on the bench.

ACTION Forcefully press the dumbbells straight up to the ceiling by contracting your pecs and extending your arms. Stop just before your elbows lock out, then slowly lower the weights back to the start position.

RAYMOND SAYS "I like to focus on my weaker areas, which would be upper pecs. And I go after it. I usually pyramid up and do a final heavy set. So I'll do, for example, 100-pound dumbbells, 120s, 140s, upward of 160s. Not every gym has dumbbells that heavy, so if I'm training at a gym that doesn't, I just do barbell inclines. With dumbbells, I come down until the dumbbell actually hits my chest."



A MATTER OF INSTINCT

"My training split is different every week," says Raymond. "I train instinctively. I train whatever muscle group isn't hurting anymore. I like to start the week with legs, when the muscle group is fresh and everyone else is doing chest. I usually try to hit each muscle group twice within 10 [training] days. I take one day off a week, either Saturday or Sunday. And then I start the rotation over again."

RAYMOND'S TRAINING SPLIT

MONDAY LEGS

TUESDAY SHOULDERS

WEDNESDAY BACK **THURSDAY** CHEST

FRIDAY ARMS

Cycle repeats with one day of rest on the weekend.

RAYMOND'S CHEST WORKOUT

EXERCISE	SETS	REPS
Cable Crossover	3-4	12-15
Incline Dumbbell Press	4	10-12
Flat-bench Barbell or Dumbbell Press	3-4	12*
Incline Dumbbell Flye	3-4	12-15
Dumbbell Pullover	3	10-12

*Dropset on the last set of the exercise, dropping the weight two to three times after reaching initial failure.



INCLINE DUMBBELL FLYE

START Lie faceup on an adjustable bench set to 30 to 45 degrees holding a pair of dumbbells over your chest with your arms extended and palms facing each other.

ACTION With a slight bend in your elbows, lower weights out in an arc to your sides until you feel a good stretch in your chest. Contract your pecs to return the dumbbells to the start position, maintaining the slight bend in your elbows throughout.

RAYMOND SAYS "To make sure my muscles are doing the work, I'll hold the peak contraction at the top of the rep for a two-count on some reps. Let's say I'm doing 12 reps. I'll do four reps right in a row, then I'll do the two-count pause technique on the next four reps, and then I'll do four more right in a row to finish the set." **FLEX**

WHO WILL



IT BE?

Spring is here, and that can mean only one thing: the Arnold Classic! FLEX profiles the 12 men who will try to start the IFBB pro season with a bang.



■ Every year since 1989 the Arnold Classic has held the honor of being the one contest that sets the tone for the competitive season. Winners top “who to watch” lists heading into the Big O in September. This year, perhaps more than in others, that may be doubly true as none of last year’s Mr. Olympia top five are competing. For all the challengers looking to be “that guy,” there is still one man in the lineup that will no doubt steal the lion’s share of attention: Kai Greene.

Greene famously sat out the 2015 Mr. Olympia, but all the drama aside, he has been the undisputed second-best bodybuilder in the world from 2012–14. One missed opportunity will not erase that fact, and fans are eager to see the Predator back on a bodybuilding stage.

Though Greene may be the favorite, Branch Warren, Cedric McMillan, Justin Compton, Evan Centopani, Juan Morel, and the other six men will be hungry to start 2016 as the breakout star. Here’s a sneak peek at the 2016 Arnold Classic in Columbus, OH, March 4–5.



EVAN CENTOPANI

BIRTH DATE 4/7/82

HEIGHT 5'11" **WEIGHT** 265 pounds

ARNOLD CLASSIC HISTORY

2014-15: 5th; 2012: 3rd; 2011: 4th

Ox has been in somewhat of a competitive slump, placing fifth at the Arnold the past two years. If he can show greater depth in his torso and more meat to his wheels, he has the structure and grainy density to challenge for the top spot.

MAXX CHARLES

BIRTH DATE 2/21/77

HEIGHT 5'11" **WEIGHT** 265 pounds

ARNOLD CLASSIC HISTORY

Rookie

After making the top five in his first pro shows, Charles broke through last year with a win at the Tampa Pro. He's got the chest, delts, and arms to stand with everybody else in the lineup, but he'll need more back and leg thickness to make it past his more complete foes.

JUSTIN COMPTON

BIRTH DATE 5/15/88

HEIGHT 5'8" **WEIGHT** 255 pounds

ARNOLD CLASSIC HISTORY

2015: 3rd

With his spectacular X-frame, humongous guns, and deep, separated quads and hamstrings, Compton's got that rare combination of size and aesthetics. He's on the rise, and, if he can come in with crisp muscularity, he has a real shot at winning the biggest early show of the year.

TONY FREEMAN

BIRTH DATE 8/30/66

HEIGHT 6'2" **WEIGHT** 292 pounds

ARNOLD CLASSIC HISTORY

2015: 10th; 2014: 9th; 2013: 3rd; 2011: 9th; 2010: 5th; 2009: 4th; 2008: 7th; 2007: 3rd; 2006: 9th; 2005: 10th

The X-Man's legs have faded slightly, but he's still a threat with his expansive upper body. Freeman is proof that in bodybuilding, elder statesmen can still battle the youngsters.





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KAI GREENE

BIRTH DATE 7/12/75

HEIGHT 5'8" **WEIGHT** 260 pounds

ARNOLD CLASSIC HISTORY

2009-10: 1st; 2008: 3rd

It will be interesting to see which Kai Greene he chooses to unveil here. Will he be the ultrasharp, detailed incarnation or the bigger-than-a-house version? This Arnold Classic will certainly set up plenty of talk for what could happen later this year.

JOHNNIE JACKSON

BIRTH DATE 1/30/71

HEIGHT 5'8" **WEIGHT** 235 pounds

ARNOLD CLASSIC HISTORY

2013: 4th; 2011: 7th; 2010: 12th;

2008-09: 9th; 2006: 13th

Jackson has always had the upper-body beef to hold his own against the best in the world. However, less than spectacular legs have hampered him in big shows. Still, the 2010 Olympia World's Strongest Bodybuilder could crack the top six.

JOSH LENARTOWICZ

BIRTH DATE 4/5/83

HEIGHT 5'8" **WEIGHT** 260 pounds

ARNOLD CLASSIC HISTORY

Rookie

Lenartowicz was the hit of the late 2015 season, scoring back-to-back wins at the San Marino Pro and Ferrigno Legacy Pro. He has the size to stand with the taller, bigger men here. If he can improve on the separation and detail he showed in 2015, an upset could be in the making.

CEDRIC McMILLAN

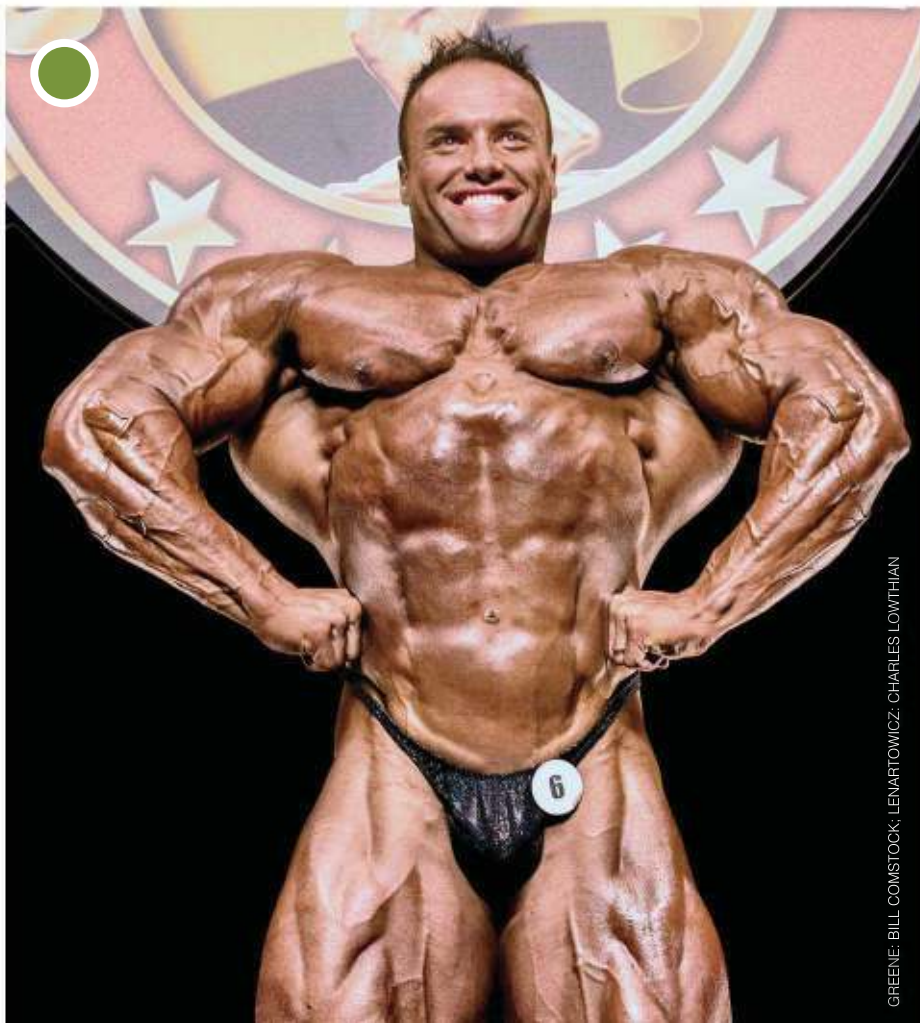
BIRTH DATE 8/17/77

HEIGHT 6'1" **WEIGHT** 270 pounds

ARNOLD CLASSIC HISTORY

2015: 4th; 2014: 3rd; 2013: 6th

Big Mac has won four shows but has been unable to put it together for the majors. With the size and shape combination reminiscent of the great Lee Haney's, McMillan has the potential to be one of the greatest bodybuilders of this generation—if he can dial it in.



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CODY MONTGOMERY

BIRTH DATE 8/6/94

HEIGHT 5'7" **WEIGHT** 225 pounds

ARNOLD CLASSIC HISTORY

Rookie

Montgomery hit the record books as the youngest overall winner of a pro qualifying contest when the then-20-year-old nabbed the 2015 USAs. With quality size, he can make a splash in his pro debut.

JUAN MOREL

BIRTH DATE 4/2/82

HEIGHT 5'11" **WEIGHT** 264 pounds

ARNOLD CLASSIC HISTORY

Rookie

Big Diesel has been eager to wash out the bad taste of a poor showing in the latter half of the 2015 season. Morel tipped the scales at an off-season high of 280 pounds, and, if a good deal of that weight translates to his lower half, he has the height and upper body to be in the running.

BRANCH WARREN

BIRTH DATE 2/26/75

HEIGHT 5'7" **WEIGHT** 245 pounds

ARNOLD CLASSIC HISTORY

2015: 2nd; 2014: 6th; 2011-12: 1st; 2009-10: 3rd; 2008: 4th; 2007: 7th; 2006: 2nd

Warren has relied on grainy density to carry him to nine pro wins, including the Arnold in 2011-12. He packs plenty of muscle, and you can bet that if he's on, he will be in the fight for a possible third Arnold title.

LUKAS WYLER

BIRTH DATE 2/4/87

HEIGHT 5'10" **WEIGHT** 260 pounds

ARNOLD CLASSIC HISTORY

Rookie

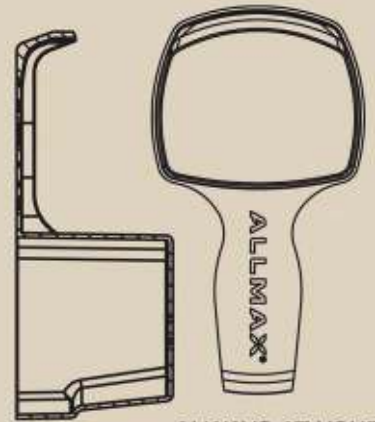
Last year's Arnold Amateur super-heavyweight and overall winner will be making his pro debut. He has the overall mass, but competing against men who also combine superior shape will be a tall order for the rookie pro. We'll see how he stacks up against this talented field. **FLEX**





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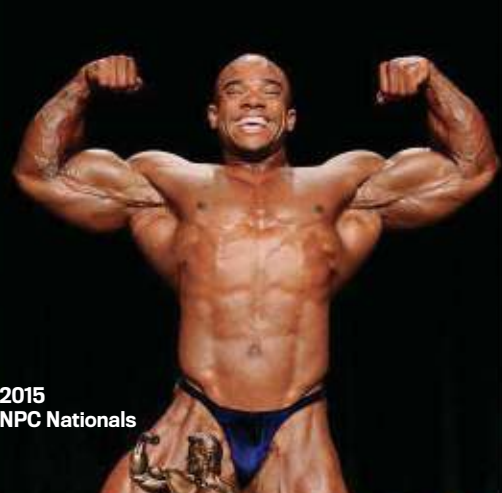
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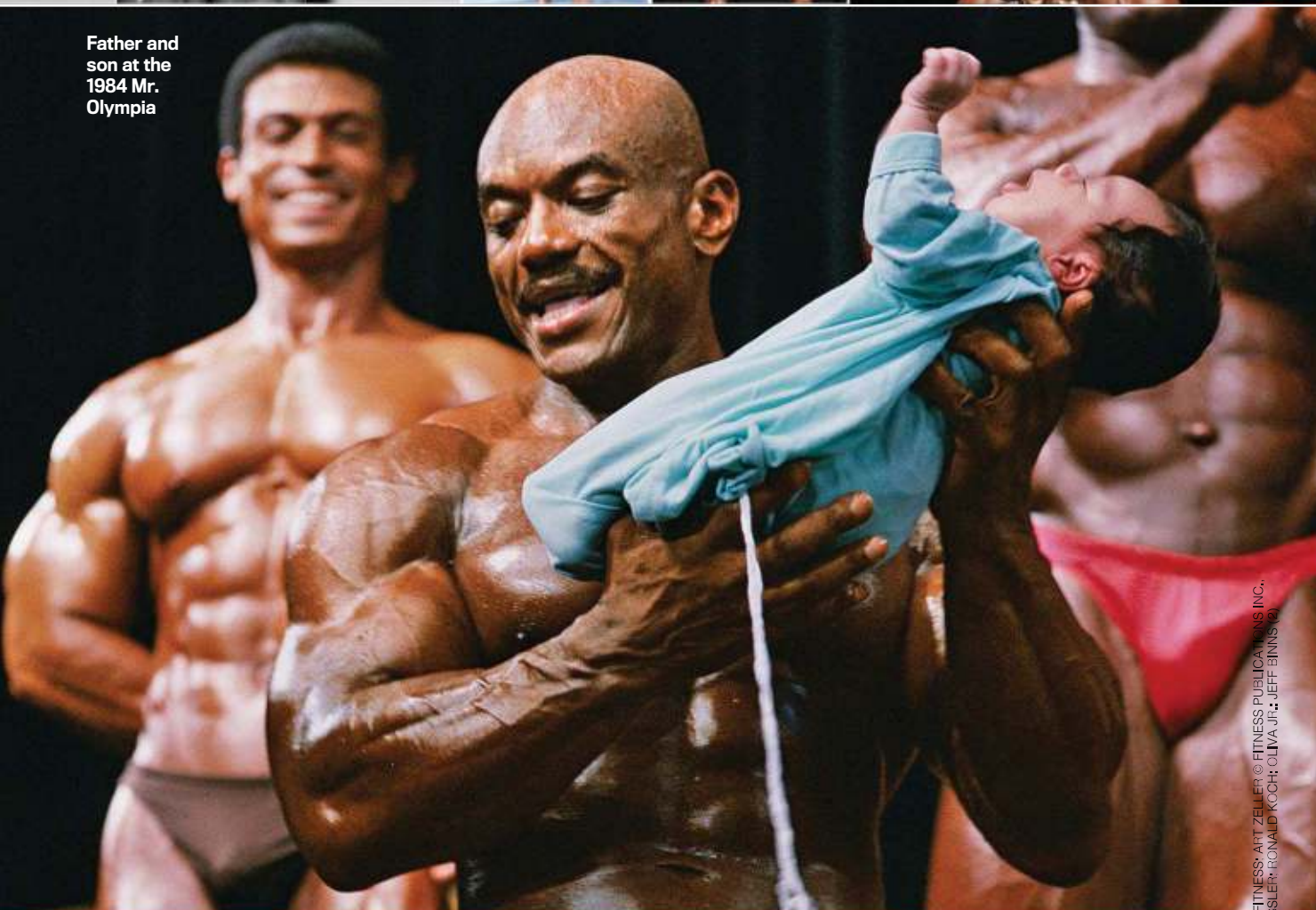
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1970
Mr. Olympia



2015
NPC Nationals



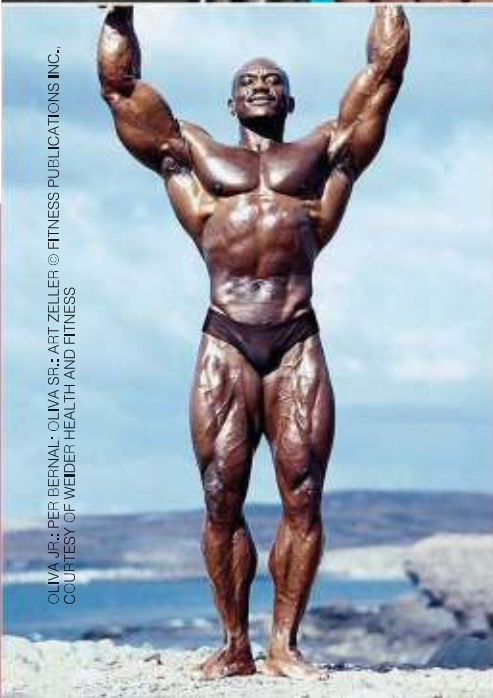
Father and
son at the
1984 Mr.
Olympia

MYTHMAKING

THE SIMILAR PHYSIQUES BUT UNIQUE
JOURNEYS OF SERGIO OLIVA SR. AND JR.

BY GREG MERRITT PHOTOS COURTESY OF WEIDER HEALTH & FITNESS

OLIVA SR., CARUSO/COURTESY OF WEIDER HEALTH AND FITNESS; ART ZELLER © FITNESS PUBLICATIONS INC.,
COURTESY OF WEIDER HEALTH AND FITNESS; GRANT KESSLER; RONALD KOCH; OLIVA JR., JEFF BINNS (2)



IT SEEMED ALL 5,000 FANS IN THE FELT FORUM OF MADISON SQUARE GARDEN WERE ON THE VERGE OF RIOTING,

so great was their disapproval of the decision. The 1984 Mr. Olympia is now best remembered for Lee Haney's winning the first of his record eight Sandows. That announcement generated only cheers. The jeers came earlier, when 43-year-old Sergio Oliva, the three-time Mr. Olympia, was awarded eighth. The decision was just, but fans didn't want to consider the Myth a mere mortal.

Because Oliva had a well-deserved reputation for a short fuse, FLEX's then editor in chief, Rick Wayne, headed to the stage to urge his friend to stay calm. It had been a 12-year journey back to the O and the good graces of the IFBB for Oliva, so Wayne wanted to make certain the beloved legend didn't blow it in a fit of rage. Wayne encountered Oliva's wife, Arlene, who held 4-week-old Sergio Jr. She gave Wayne the baby so he could pass Junior to Senior.



OLIVA SR.: CARUSO/COURTESY OF WEIDER HEALTH AND FITNESS; OLIVA JR.: JEFF BINNS; PER BERNAL

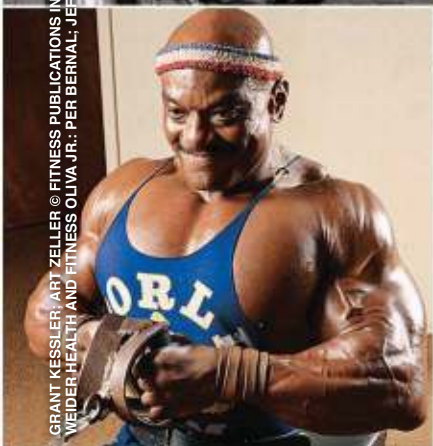
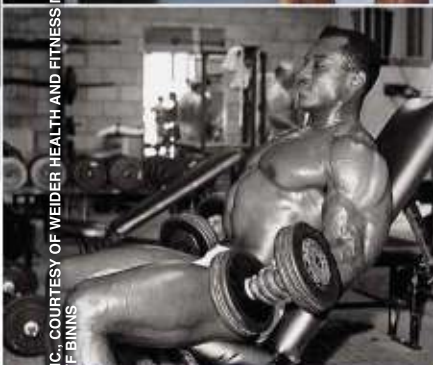
"Go to the mic. Make a speech—a thank-you speech," Wayne encouraged. The crowd was awed into silence as the colossal icon, holding his tiny namesake, approached the podium. In his heavily accented English, the Cuban-born Oliva gave a proud but gracious speech. Its most rousing moment was when he stated, "It no matter what happen tonight—eighth, 17th, or 20th—

**"AND I HOLD
IN MY ARM
SERGIO JR.,
THE NEXT
MYTH."**

forever be the Myth. And I hold in my arm Sergio Jr., the next Myth." The crowd roared. Only much later would that last part sound like the anointing of bodybuilding's next chosen one. At the time, it was merely a father acknowledging what mattered most. No one, least of all the senior Sergio, felt that infant could eventually build a physique comparable with the icon many still regard as the greatest



Sixty-five-year-old Sergio Sr. teaches 22-year-old Sergio Jr. how to strike the victory pose at a *Muscle & Fitness* photo shoot in 2007. A work in progress, the son made his competitive debut as a middleweight the year prior.



didn't just win the most-muscular award that year, he'd also won it the previous year (when he was fourth). No nonwhite won the AAU Mr. America until 1970, its 33rd rendition. A representative article from the era acknowledged Oliva's obvious superiority but stated that Mr. America "must be able to speak English fluently." Before 1966 was through, Sergio bolted to the IFBB, where he promptly won the Mr. World and, minutes later, entered the Mr. Olympia.

MYTHICAL

Just three years after he began bodybuilding training, Oliva was in the Olympia. One year after that, he was Mr. Olympia, the first of his three straight O victories. In the last of these, in 1969, he defeated 22-year-old phenom Arnold Schwarzenegger. Oliva was 28, and he was on top of the bodybuilding world—a sensation for his unprecedented size and proportions. That was his apex. Overconfident and underconditioned, he lost to Arnold at the 1970 Mr. World and, two weeks later, at the Olympia. The following year, he was suspended from the IFBB after competing in a rival organization.

As part of its "Nobody Remembers Who Came Second" campaign, a 2002 Visa commercial features Sergio living the very ordinary life of a Chicago policeman. Text near the end states: "Runner-up, Mr. Olympia 1972. To Arnold Schwarzenegger." To bodybuilding fans, the ad rang hollow. Everyone remembers the Myth, and they do so foremost because of that 1972 Olympia, which remains one of the most hotly debated bodybuilding

bodybuilder of all time. Most likely, he would never again appear on a bodybuilding stage. After all, how do you follow a myth?

AMERICAN DREAM

Here's the text message bio of the senior Sergio's first 25 years. Cuba, 1941: Born on Fourth of July. Worked cane fields as a youth. Fought communism when a teen. Communism won. Excelled as

weightlifter. Jamaica, 1962: Cuban weightlifting team defected. Odd jobs in Miami. Chicago, 1963: Begins bodybuilding. Rapid rise. AAU Mr. America: 1964, seventh; 1965, fourth; 1966, second.

Let's pause here to address "the way things used to be." Oliva, a black immigrant, lost the 1966 Mr. America to his training partner, Bob Gadja, a white native, this despite the fact that the former

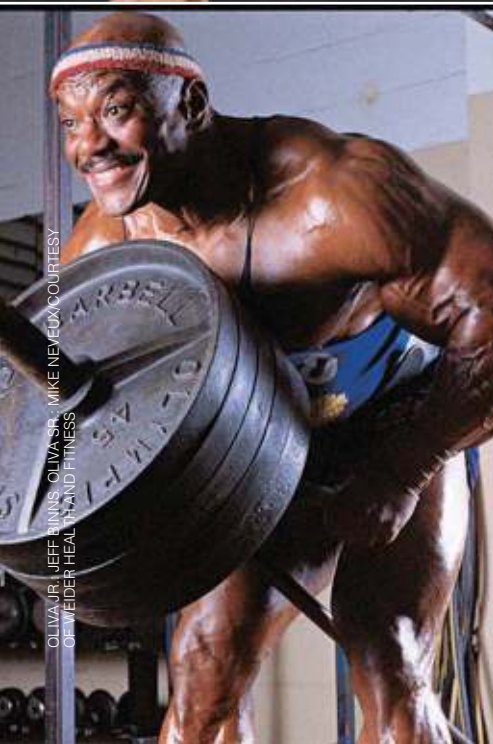


The senior Sergio dominated bodybuilding in the late '60s. Now his son, a new IFBB pro, will try to follow the Myth to the Olympia stage.



OLIVA SR.: DAHMEN; COURTESY OF WEIDER HEALTH AND FITNESS. CARUSO/COURTESY OF WEIDER HEALTH AND FITNESS. OLIVA JR.: PER BERNAL, JEFF BINNS





OLIVA JR., JEFF BINKS, OLIVA SR., MIKE NEVEJKA COURTESY OF WEIDER HEALTH AND FITNESS

contests of all time. Both legends were at their best. With his fuller legs and arms—and his invisible 29-inch waist—many contend Sergio was the superior muscleman on that fateful day in Essen, Germany. The judges disagreed. The duel is still celebrated for what once was and what could've been.

THE LOST YEARS

Then came the lost years, when Oliva dominated mostly scrubs in inferior organizations. This was like LeBron James forsaking the NBA to ball in Turkey. The scarcity of photos of Oliva during this time only grew the myth of the Myth. What if he had been in the Olympia in '75 (captured in *Pumping Iron*) or '76 or '80, or really any of those dozen wilderness years? Instead, when he

Having escaped poverty and repression in Cuba, Senior wanted Junior to excel in school and be a doctor or lawyer, not a bodybuilder. That's why he refused to let the skinny, 145-pound teenager even go to the gym with him. "He was born and raised in the greatest nation in the world, and I think he should take advantage of it," the older Sergio said in 2007. Meanwhile, the progeny inherited not just his father's propensity to gain muscle (he packed on 30 pounds in his first three months of training—on his own at 18) but also his antiauthoritarianism. The Sergios clashed. "Our relationship got really rough once I got serious about bodybuilding a few years ago," Junior said in 2007. "But it's tough to get recognition from him for anything I do. He's not much on praise."

"IT'S A BURDEN, NOT A BLESSING. NO ONE WANTS TO BE MEASURED AGAINST ANY OF THE MR. OLYMPIAS."

wasn't patrolling Chicago streets in his specially made cop uniform, he was collecting a small check and a worthless title somewhere far away. It was only in 1984, when he was past his prime, that the Myth returned to the O.

ROUGH RELATIONSHIPS

She called it self-defense, he called it an accident. When his mother shot his father five times in the summer of 1986, Sergio Oliva Jr. had yet to turn 2. The bullet retracted from his abdomen effectively ended the Myth's bodybuilding career and his marriage. In the aftermath, Sergio Jr. and his sister, Julia, divided time between their father's Chicago home and Alabama, where mother Arlene (a bodybuilder and personal trainer) settled. What followed is not a heartwarming tale of a sports legend driving his son to ever-higher heights. This isn't Dell Curry and little Steph draining threes endlessly on a practice court.

BURDENS AND BLESSINGS

Though he was only a middleweight, if you squinted at the second Sergio when he stepped onstage for the first time, in 2006, you could see some of the Mythical contours. Two years later, he was a heavyweight. Recognition came easily. Titles didn't come at all. In Chicago, with his father in the audience, he earned a promising heavyweight fifth at the 2009 Jr. Nationals (ahead of Juan Morel) at 24. But next time, at the 2012 NPC Nationals, he landed out of the top 15.

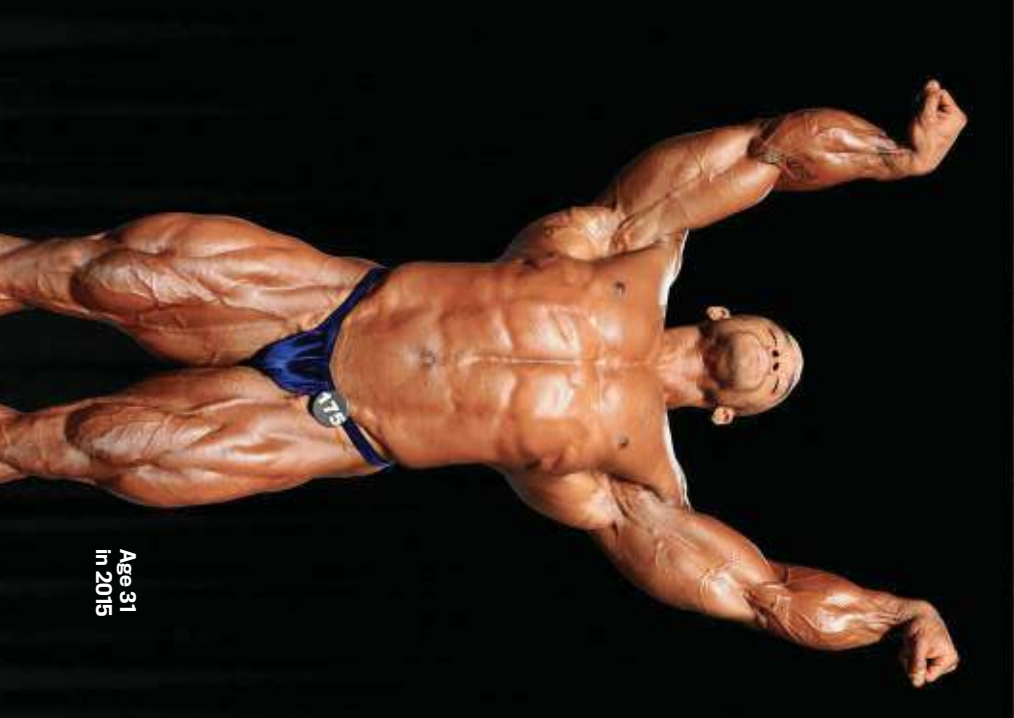
By then, the novelty of the son following in the footsteps of his fabled father had dissipated. Keyboard critics stopped focusing on structural similarities and fixated instead on all the ways the son didn't measure up. He was branded just another also-ran who would never flex on a pro stage. What stung the most was the assertion that the only reason anyone, including sponsors, cared about him was his legend-



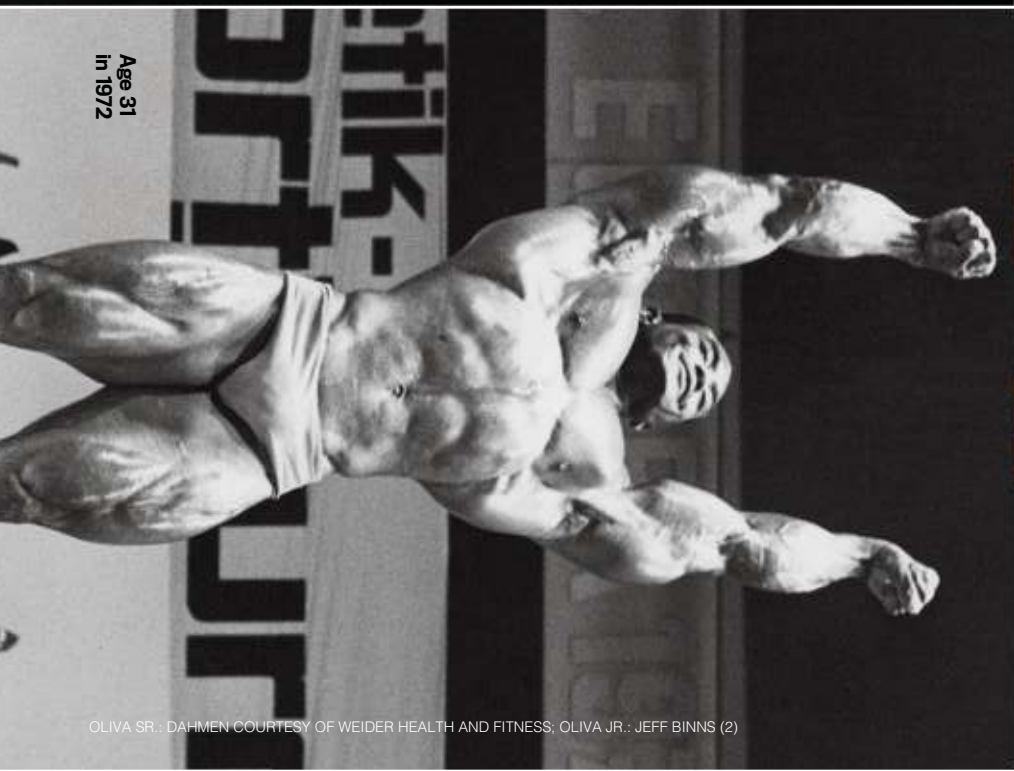
1969
Mr. Olympia



2015
NPC Nationals



Age 31
in 2015



Age 31
in 1972



"It was probably the best father-son thing we did in my whole life," Junior said of the photo shoot with his dad in 2007.

any name. "It's a burden," Junior says of that name, "not a blessing. No one wants to be measured against any of the Mr. Olympias, especially when you're just an amateur. How can you live up to that?" The second Sergio jokes that he was "nuts to even try."

For a while, it seemed he wouldn't try. That 2012 flop was his only contest over a five-year span. But he was driven to prove the doubters wrong and make a name for himself. First, he needed to fill out his six-foot frame to super-heavy standards. He did. And last year, after narrowly missing a class victory at the USA, he won the NPC Nationals super-heavy class and overall title (his first title) on the day after his 31st birthday. Forty-nine years after his father was denied the Mr. America, his son earned the title that supplanted the Mr. A.

His mother and sister were cheering him loudly then, but his father didn't live to see the triumph. The original Myth, Sergio Oliva Sr., died of heart failure at 71 on Nov. 12,

2012. "I don't know what he would've thought of my success," the son said after winning the Nationals. "I don't know that he would've cared at all. But I don't think he could deny that I have a future in bodybuilding."

VICTORIES

In all of bodybuilding's long and rich history there is no pose more associated with one person than Sergio Oliva's victory pose. It's his. Standing tall and straight with colossal arms overhead, fists balled and turned outward, and lats flaring above his wispy waist, his upper body formed a V for victory atop a base of abundant legs. His rendition at the '72 Olympia is our sport's most indelible image. The victory pose is so associated with the Myth and so difficult for even the best bodybuilders to pull off that few have even attempted it. You need ludicrously full arm muscle bellies with correspondingly stupendous biceps, triceps, and forearm development, plus a striking V-taper featur-

IT'S HIS FAMILY'S LEGACY, AFTER ALL, AND HE'S EMBRACING IT, BECAUSE HE REALLY DOESN'T HAVE A CHOICE.

ing broad clavicles and lats above minuscule hips. Throw in curvaceous legs as well.

That singular combination of classical structure and modern mass, and muscles that seem too long for their bones, is what made Oliva the Myth. The Myth Jr. inherited those rare genetics, or some of them anyway. His hips and waist aren't as svelte as Dad's, his chest and traps aren't as thick, and his lats are higher. But, keeping with modern standards, his legs are larger, and he's more finely detailed. Father and son's greatest similarity is their arms. Junior shares the same impossibly long biceps, triceps, and forearm attachments, giving his guns the same distinctive hamlike look as his father's.

It's this that comes across most clearly when the second Sergio strikes the victory pose, as he does in his every contest. Of course he does. It's his family's legacy, after all, and he's embracing it, because he really doesn't have a choice. No bodybuilding fan will forget his name. He acknowledges where he came from and what he's overcome, but he's also molding his own identity. The Myth was created on Olympia stages more than 40 years ago. The Myth Jr. was christened on an Olympia stage nearly 32 years ago. That moniker, like his birth name, has been more burden than blessing, but Sergio Oliva Jr. will carry both impossible expectations and great genetics forward as he endeavors to return to the Olympia, where it all began. **FLEX**



▲ SERGIO OLIVA SR.

Born July 4, 1941
Height 5'10"

Weight 230 lbs

Career Highlights

1972 Mr. Olympia, 2nd; 1970

Mr. Olympia,

2nd; 1967-69

Mr. Olympia, 1st;

1966 Mr. World, 1st

◀ SERGIO OLIVA JR.

Born Oct. 20, 1984

Height 6'

Weight 250 lbs

Career Highlights

2015 USA Championships, super-

heavyweight,

2nd; 2015 NPC

Nationals, super-

heavyweight and

overall, 1st

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■ Back in 2009 when Dayna Maletton entered her first NPC bikini contest, she didn't know anything about the sport or the industry. "Friends of mine were competing in the NPC and said I should do a show," she says. "I entered the Atlantic City Amateur and won. The NPC Team Universe was a couple of weeks after, and I won my class and turned pro." Two shows, two first-place trophies, and just like that, Maletton was in the IFBB Professional League. But despite an auspicious start, she couldn't find the winner's circle in the pros. Luckily, Maletton is as tough as she is beautiful. "I've always been a competitor," she says. "I thrive on competition." So she fought on, made improvements, and above all, always believed she was good enough. Faith in her abilities eventually led to a win at the 2015 Toronto Pro Supershow. "I was overwhelmed with so much emotion that I got offstage, sat on the floor, and cried because I was so happy," Maletton says. "It was probably one of the best moments of my life so far." With the IFBB Pro League season just starting, you can bet Maletton's competitive spirit will drive every rep and every set of every workout so that she can have more "best moments" of her life in 2016.

SNAPSHOT

DAYNA MALETTON

D.O.B. 2/17/81 **HEIGHT** 5'2" **WEIGHT** 106 pounds **RESIDENCE** Freehold, NJ
CAREER HIGHLIGHTS 2015 Toronto Supershow, 1st; 2009: Team Universe, Class B, 1st
INSTAGRAM: @daynamaletton **FACEBOOK:** IFBB bikini pro Dayna Maletton

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"To be an IFBB bikini pro you have to be **extraordinarily dedicated to every workout** and pay attention to detail when it comes to eating."

"Traveling, making new friends, and seeing what **limits I can push my body to** are what I like best about being a competitive athlete."

**"THE HARDER
YOU WORK FOR
SOMETHING,
THE GREATER
YOU'LL FEEL
WHEN YOU
FINALLY
ACHIEVE IT."**

"My favorite exercise would have to be **weighted barbell bridges**. It **hits the glutes and hamstrings** without too much tension on the quads. And, **incidentally, glutes happen to be my best body part.**"

"I don't train upper body that much because **I tend to build muscle rather quickly** and that's not what the judges are looking for in bikini."

"As silly as it sounds, my favorite thing to do outside of training is **taking my dog to a dog park**. And I also love my jobs, which are managing gyms and being a freelance makeup artist."

"Three **weeks touring Europe** is my idea of a dream vacation. Maybe one day..." **FLEX**

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*Based on Chocolate Fudge flavor. *Based on Chocolate Peanut Butter flavor.



SAMPLE CORE WORKOUT

EXERCISE	SETS	REPS
Gliding Leg Curl	3	20-30
Pike Butt Pushup	3	20-30
Spiderman Plank Crunch	3	20-30
Mountain Climber	3	20-30
Side Plank	3	30-60 sec.

MALETON'S TRAINING SPLIT

MONDAY	Glutes/Cardio
TUESDAY	Cardio
WEDNESDAY	Glutes/Cardio
THURSDAY	Cardio
FRIDAY	Glutes/Cardio
SATURDAY	Yoga
SUNDAY	Hamstrings/Yoga

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Inside the World of Dexter Jackson

UN: Dexter, you've very been very busy lately. Tell us again about the remarkable year you had in 2015.

DJ: Well, I won the Arnold Classic USA, Arnold Classic Spain, Arnold Classic Australia, the Prague Pro, and took 2nd place at the Mr. Olympia.

UN: Amazing. But it sounds like a tough act to follow. What are your plans for this year, 2016?

DJ: This year my goal is to place first at the Mr. Olympia and win the Arnold Classic in South Africa. I want to earn more pro victories than any other bodybuilder.

UN: With that kind of performance, I'll bet you get a lot of sponsorship offers. How did you decide to work with Ultimate Nutrition?

DJ: Like I always say, If you want to be the best you need to use the best. The best is Ultimate Nutrition, plain and simple.

UN: Makes sense. But what is it that makes Ultimate Nutrition the best?

DJ: Ultimate has the best quality and prices, hands down. They make their own products right here in the states, and they have their own testing and R&D labs, which is huge. They control quality from the beginning to the end, and every ingredient is lab-tested.

UN: Which Ultimate Nutrition products do you use?

DJ: For a pre-workout I like **Horse Power X**. It has clinical dosages of citrulline, beta alanine, creatine, Capsimax®, and Torabolic® – everything you need to charge through a serious training session.

Red Zone gives me added energy when I really need it. It's great right before a cardio session, and provides a surge in power you can really feel.

Another must-have is **Flavored BCAA 12,000**. It's definitely the best-tasting BCAA product I've tried, and it's a good deal, too: 6,000mg BCAAs per serving in a 60-serving bottle.

Prostar 100% Whey This one's easy: 25g of protein per serving, great flavors, easy mixing – the best blended whey protein on the market.

For fast gains, I like **ISO MASS**. More than 60 real-world muscle-building ingredients in one good-tasting, easy-to-take supplement. Big results fast with less time, effort and money.

ZMA & Prostar Casein are a great combination just before bedtime.

I also take **Daily Complete Formula**, **Power Caps**, **Glutapure**, **Beta K**, **Waxy Maize**, **Iso Sensation**, **IsoCool**, and **Muscle Juice**.



Dexter Jackson

IFBB Pro • Mr Olympia, 7X Arnold Classic Champion, Team Ultimate Nutrition



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PAGE
182

Desmond Miller or
Chris Cook...which
Nationals champ
comes out on top in
our muscle matchup?

LAST SET

YOUR ONE-STOP SOURCE FOR MUSCLE NEWS

One of bodybuilding's fastest-rising stars, William "the Conqueror" Bonac, joins Team AMI/Weider. Plus, IFBB Pro League bodybuilders, fitness, figure, bikini, and physique athletes prepare for a blockbuster weekend at the Arnold Sports Festival.

PAGE 184

A pizza party backstage at the Mr. Olympia? Yes, it happened! We know how much starving bodybuilders look forward to chowing down after a contest, but these four guys couldn't even wait for the 2004 Mr. Olympia to end. Poor pizza never had a chance.

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KEVIN HORTON

COOK vs. MILLER

REVISITING TWO PROMISING NATIONALS CHAMPS WITH BRIEF PRO CAREERS

■ What could've been? When bodybuilding careers begin with much hype but end soon thereafter, questions haunt us. Chris Cook and Desmond Miller won the NPC Nationals two years apart yet never stood on the same stage. Though both were heralded as possible Olympia contenders, each was a pro for only two years, and neither flexed on the O stage.

When Cook won the NPC Nationals in 2004, the 28-year-old Californian had abundant legs and delts. His chest was shallow, and he wasn't HD, but he sported a superb structure. He barely missed an Olympia qualification in his 2005 pro debut, but his conditioning was murky in subsequent shows. He last posed in 2006 before pursuing a finance career. That same year, New Yorker Desmond Miller shocked the muscle world when he beat favorite Evan Centopani to win the NPC Nationals. His shoulders and back lagged, but his legs were among the world's best. He qualified for the Olympia in his rookie season (and beat Kai Greene and Branch Warren) but chose to forgo the O. Smoothness dropped his placings in 2008. After a lengthy hospitalization for pneumonia, Miller retired—leaving us all to wonder, as with Cook's too-brief career, what could've been.

BEST POSE
Front lat spread

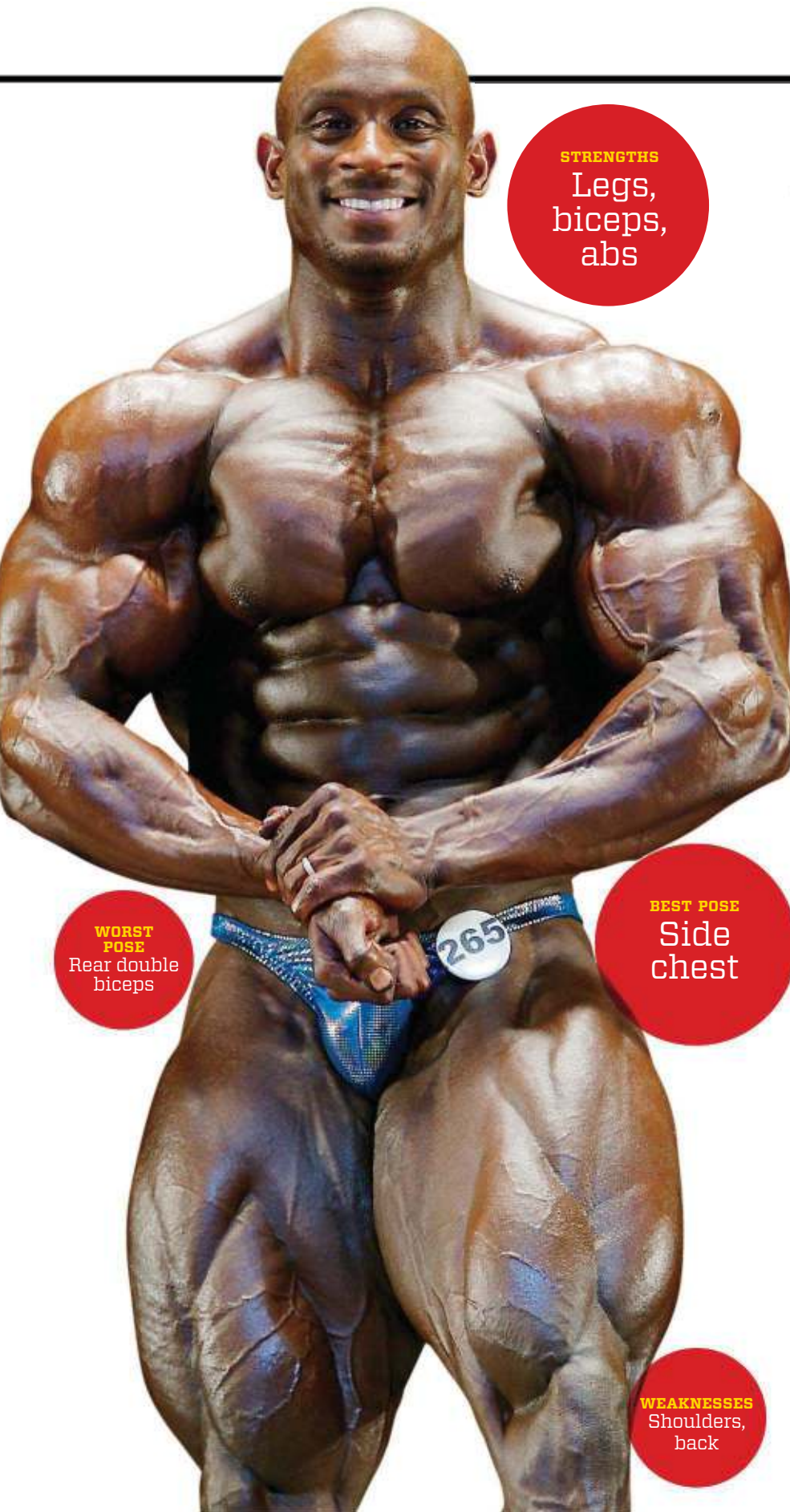
STRENGTHS
Shoulders, quads, calves

WEAKNESSES
Chest, conditioning

WORST POSE
Abs and thigh



KEVIN HORTON (4)



STRENGTHS
Legs,
biceps,
abs

**WORST
POSE**
Rear double
biceps

BEST POSE
Side
chest

WEAKNESSES
Shoulders,
back



CHRIS COOK STATISTICS

AGE	HIGHEST PRO FINISH	YEARS AS PRO
39	6TH	2
PRO CONTESTS	WEIGHT	HEIGHT
5	250	6'



DESMOND MILLER STATISTICS

AGE	HIGHEST PRO FINISH	YEARS AS PRO
41	2ND	2
PRO CONTESTS	WEIGHT	HEIGHT
4	255	6'1"



In 2015, Dexter Jackson entered the record books with his fifth win. Jackson is skipping it this year, making this a wide-open race for the prestigious Arnold Classic.

Women's Physique Internationals in 2015. Two-time Fitness International champ Oksana Grishina and Figure International champ Camala Rodriguez-McClure will attempt to defend their crowns. All told, more than 100 IFBB pro athletes will be competing for the prestigious Arnold Classic titles.

In addition to all the IFBB events, the weekend plays host to the world-famous Arnold Fitness Expo, the largest of its kind, with more than 900 booths displaying the hottest innovations in sports equipment, nutrition, and apparel. Also, thousands of athletes will be on hand to compete in exciting events such as the Arnold Strongman Classic, USA Powerlifting, arm wrestling, CrossFit, cheerleading and dance, model searches, pole fitness, and even Olympic sports like archery, soccer, fencing, gymnastics, equestrian, swimming, and much more. Plus, there's the Arnold Sportsworld, an expo with sports and activities for kids and teens.

Finally, the weekend concludes with the ever-popular Arnold Sunday Showcase, featuring the winners of the IFBB pro division titles and the man himself, Arnold, covering a wide range of topics and fielding questions from the audience. It all happens March 3 to 6 in Columbus. Go to arnoldsportsfestival.com for the complete schedule. Follow our complete coverage at FLEXonline.com!



2016 ARNOLD SPORTS FESTIVAL

A PREVIEW OF BODYBUILDING AND FITNESS' MARCH MADNESS

■ The Arnold Classic has come a long way since the 15-man bodybuilding contest debuted in 1989 in Columbus, OH. Rich Gaspari won that show, and since then, there have been 14 champions to hold the title, including Flex Wheeler, Kevin Levrone, Jay Cutler, Ronnie Coleman, Dexter Jackson, and other legends. Growing with the expanding bodybuilding and fitness industry, the Arnold has now morphed into the biggest weekend of the early season. The Fitness International was added in 1994, the Figure International in 2003, the Bikini International in 2011, the Arnold Classic 212 in 2012, and Men's and

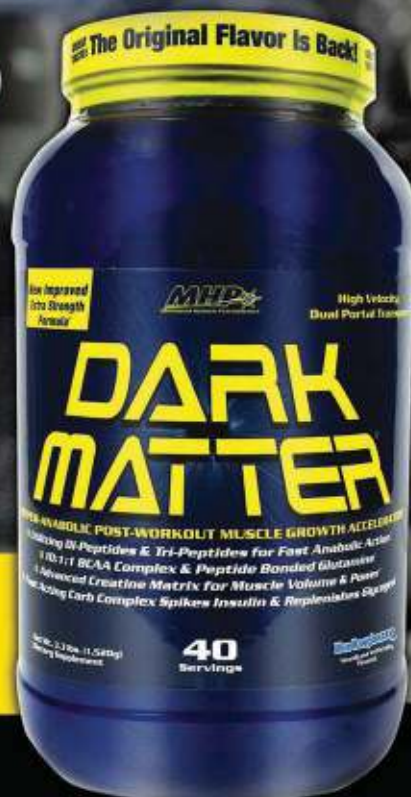
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BONAC JOINS AMI

WILLIAM BONAC IS THE LATEST ATHLETE TO SIGN AN EXCLUSIVE AMI/WEIDER CONTRACT

■ It wasn't that long ago that William "the Conqueror" Bonac was one of the best-kept secrets of the European bodybuilding circuit. Competing in the 212 division in 2012, Bonac did well enough, but in 2014 he did a whopping nine shows, all of them in the open division, winning two and placing 15th in his Olympia debut. Last year, he added the Nordic Pro and the Dayana Cadeau Pro to his tally and placed eighth at the Olympia. Now an AMI/Weider athlete, Bonac said of his exclusive contract: "I feel privileged to be a Weider athlete. I'm absolutely speechless. Wow! All I can say is thank you for this amazing opportunity, and I won't disappoint you!" Look for Bonac at the Mr. Olympia in September and the Mr. Olympia Europe, Oct. 21 to 22 in Germany.

"I FEEL PRIVILEGED TO BE A WEIDER ATHLETE. I'M ABSOLUTELY SPEECHLESS."



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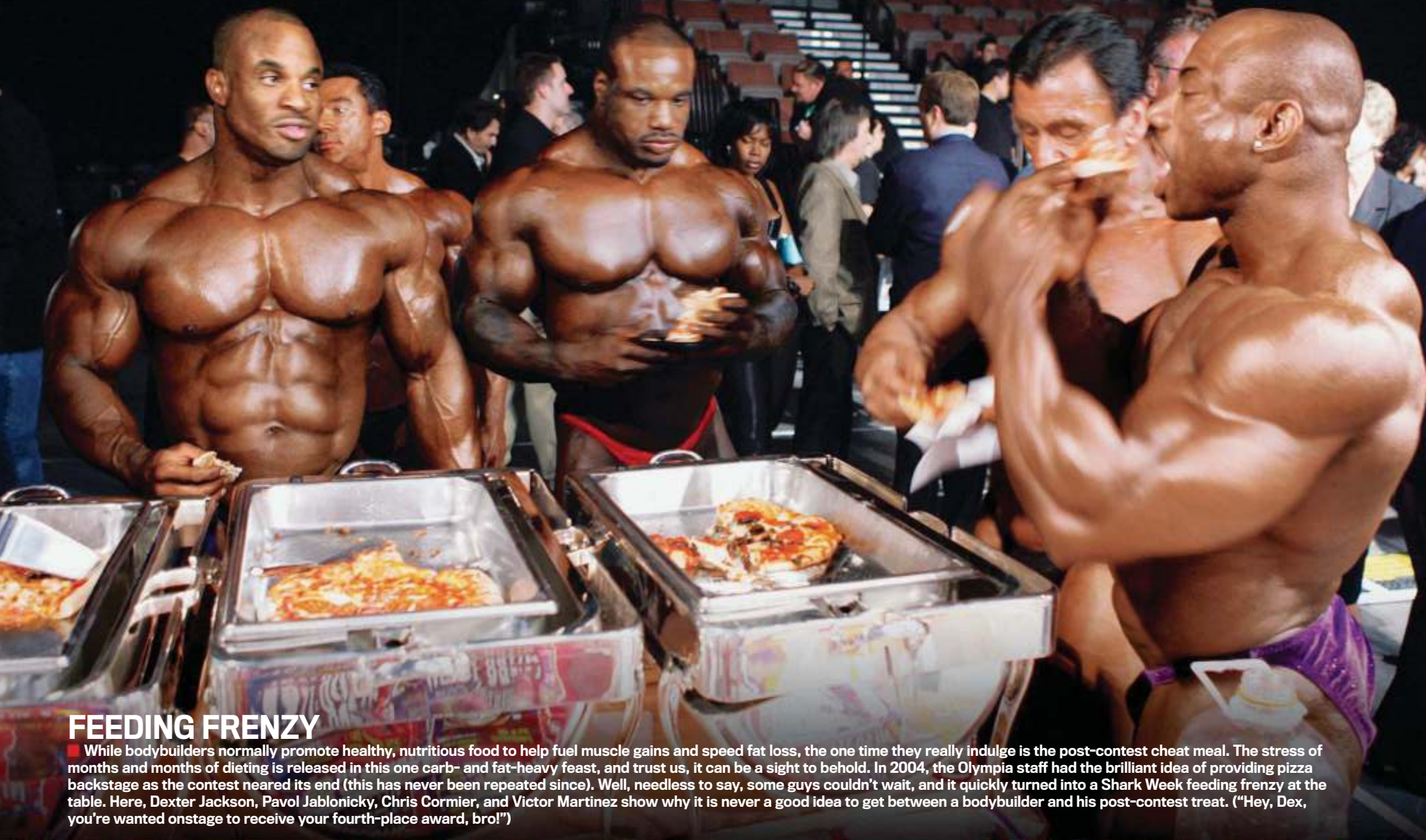
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■ While bodybuilders normally promote healthy, nutritious food to help fuel muscle gains and speed fat loss, the one time they really indulge is the post-contest cheat meal. The stress of months and months of dieting is released in this one carb- and fat-heavy feast, and trust us, it can be a sight to behold. In 2004, the Olympia staff had the brilliant idea of providing pizza backstage as the contest neared its end (this has never been repeated since). Well, needless to say, some guys couldn't wait, and it quickly turned into a Shark Week feeding frenzy at the table. Here, Dexter Jackson, Pavol Jablonicky, Chris Cormier, and Victor Martinez show why it is never a good idea to get between a bodybuilder and his post-contest treat. ("Hey, Dex, you're wanted onstage to receive your fourth-place award, bro!")

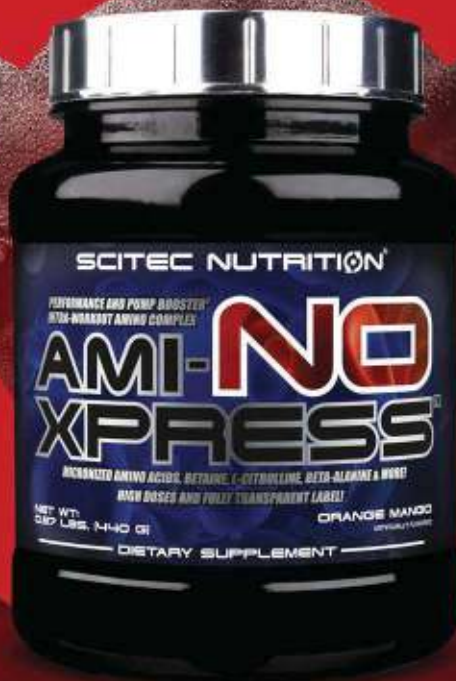


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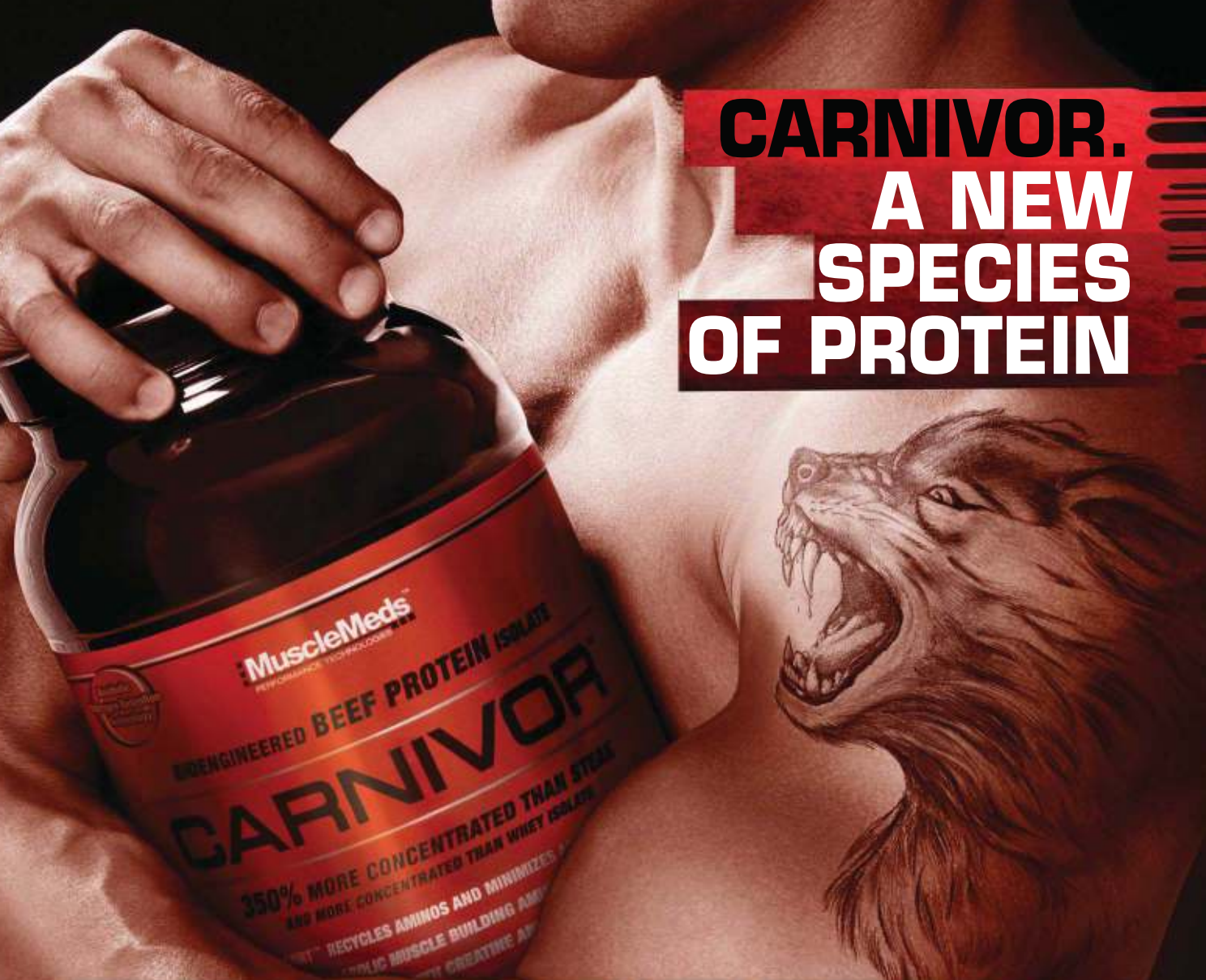
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*Sharp, et al., 2015 ISSN International Conference [Poster], Muscle mass data based on male subjects. Weight and strength gains compared to baseline. Based on 2 scoops (46 grams protein) daily. Female subjects also experienced an increase in lean body mass.

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